



BIGELOW CENTER

NOVEMBER 2026 NEWSLETTER



VETERANS BREAKFAST: HONORING THOSE WHO SERVED

Tuesday, November 10 at 9:30AM

Please join us for this special breakfast to come together to recognize and thank our veterans and hear from a distinguished Connecticut veteran. This special event is a time to share stories, express gratitude, and connect with those who have served our country.

We are honored to welcome Alex Plitsas as the keynote speaker for our Veterans Breakfast. A U.S. Army veteran and Connecticut Veterans Hall of Fame inductee, Alex has dedicated himself to service both in uniform and in his community. He will share reflections on his military experience, the importance of honoring those who have served, and the enduring values of service, sacrifice, and community.



Enjoy a delicious breakfast provided by Chip's Family Restaurant, courtesy of the Friends of the Bigelow Center. Let's come together in gratitude to honor those who have served—and continue to serve—our nation.

Seating is limited, with priority given to veterans and their families. Registration is open for veterans and all others may begin to register on Tuesday, October 20, on MyActiveCenter.com or by calling the Center.



VETERANS COFFEE HOUSE AT THE PENFIELD PAVILION

Veterans Coffee House is a monthly gathering offering veterans of all ages and service backgrounds a welcoming, relaxed space to connect, share experiences, and enjoy camaraderie. Reconnect with old friends, meet new ones, or simply spend time with fellow veterans.

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.

When: Third Thursday of each month.

9:00AM–12:00PM at Penfield Pavilion,
323 Beach Road, Fairfield

Upcoming dates: **November 19, December 17, 2026, and January 21, 2027** All veterans welcome—any branch, era, or discharge status.

NEW! FAIRFIELD MEMORY LANE CAFE

A welcoming place to connect, enjoy time together, and make new memories. Fairfield Human and Social Services is excited to introduce the Memory Lane Café, a new monthly gathering for Fairfield residents living with Alzheimer's disease or other forms of dementia, and the family caregivers and care partners who share the journey with them.



Join Heather Gately, Dementia Care Specialist, on the **first Monday of each month from 10:00AM–11:30AM at Penfield Pavilion** for a relaxed morning of friendship, conversation, and fun. Each gathering will feature refreshments and engaging activities such as music, reminiscence, arts and crafts, gentle movement, along with opportunities to connect with other families and discover helpful resources.

The Memory Lane Café is free of charge, generously sponsored by Home Instead Fairfield. Individuals living with memory loss attend together with a family caregiver or care partner.

For more information, email heather@liftedbrainwellness.com.

See Flyer on Page Six

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

FIELD OF VALOR



To honor our Military Veterans and those men and women actively serving our country, the Kiwanis Club of Fairfield will create a Field of Valor by displaying U.S. flags.

More than 300 American flags will be displayed in Jennings Park (adjacent to Hansen's Florist and across from Bob's Shopping Center) November 5–18 in honor of Veterans Day. Sponsor a flag for \$25 to honor a friend or family member. The honoree's and sponsor's names will be displayed with each flag. After the event, flags may be picked up or donated for future use. To sponsor a flag, visit www.fairfieldkiwanis.org.



THANKSGIVING CELEBRATION MONDAY, NOVEMBER 23 AT 12:00PM

Gather for a special Thanksgiving lunch catered by *Young at Heart*. At 12:30 we'll enjoy a Sing Along with Sandy and her amazing accordion playing - a favorite at the variety show!

This lunch is part of the Older Americans Act Congregate Nutrition Program with a suggested donation of \$5-\$7 and participants must also complete a Form 5 registration. We look forward to gathering for this special lunch. **Register in person at the Center or call 203-256-3166.**

FRAUD AWARENESS PRESENTATION THURSDAY, NOVEMBER 12 FROM 1:00PM - 2:00PM

Scams are becoming more sophisticated—and increasingly difficult to spot. Join Fairfield University's Chief Information Security Officer for an informative and practical look at today's most common online scams. Learn how to recognize the "red flags" and what to do if a suspicious message or call comes your way.

Topics will include scams impersonating family members and government officials, AI-powered scams, and other tactics scammers use to trick you into sending money or sharing personal information.

Register on MyActiveCenter.com or at the Center.

FAIRFIELD'S ANNUAL VETERANS DAY CEREMONY WEDNESDAY, NOVEMBER 11 VETERANS WALL OF HONOR 611 POST ROAD



ON THE TOWN GREEN AT 11:00AM

All are welcome to attend the annual Fairfield Veterans Day Ceremony, sponsored by American Legion Posts 143 and 74. Veterans are encouraged to wear blue and gray, and Post Commanders should bring unit colors and be prepared to stand.

Following the ceremony, the Eunice Dennis Burr Chapter of the National Society of the Daughters of the American Revolution, will host a light lunch for veterans and their families at the Old Fairfield Academy, located nearby at 635 Old Post Road.

In the event of inclement weather, the ceremony will be moved indoors to the Old Academy.

LUNCH TRIP TO SUNRISE SENIOR LIVING WEDNESDAY, NOVEMBER 4 FROM 11:30AM - 2:30PM

Curious about what everyday life is like at a senior living community? Enjoy a special visit to Sunrise of Fairfield where you'll meet residents and team members, participate in activities, enjoy a delicious lunch, and explore the community. There will also be plenty of time to ask questions and get a feel for daily life at Sunrise of Fairfield.

Caring Transitions of Milford will share helpful tips for making a move easier—from deciding what to bring to packing, moving, and setting up your new home. Enjoy the experience, meet new people, and see what a day at Sunrise is all about! Space is limited. **Register on MyActiveCenter.com or at the Center.**

BIGELOW CENTER BINGO TUESDAY, NOVEMBER 17 FROM 12:30PM - 1:30PM



We're excited to have Fire Chief Kyran Dunn and Assistant Fire Chief Pat Barry back to host this month's Bingo. Refreshments generously sponsored by Synergy Home Care. **Register on MyActiveCenter.com or at the Center.**

UPCOMING EVENTS AND ACTIVITIES

DESIGNS WITH ARTIST SILVANA DEIGAN

MONDAY, NOVEMBER 30 AT 1:00PM

Create a Beautiful Wooden Butterfly Photo Display

Silvana is back to help you create a one-of-a-kind gift for a friend, family member or yourself! Paint and decorate a wooden butterfly with colorful beads and your own creative touches. No two butterflies will be alike. Fee is \$25.

Register and pay on MyActiveCenter.com or in the office with cash or check.

FLU CLINICS

The Fairfield Health Department will be holding Flu Clinics at the Bigelow Center this month. Stop by to get your flu shot and help protect yourself and those around you this flu season. No appointment necessary. Please call the Fairfield Health Department for more information, 203-256-3150.

Tuesday, November 10 from 3:00PM - 7:00PM

Monday, November 16 from 3:00PM - 6:00PM

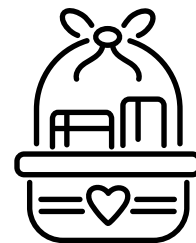


VENDORS NEEDED FOR THE BIGELOW CENTER HOLIDAY CRAFT FAIR ON MONDAY, DECEMBER 7

We're pleased to announce the return of our Annual Holiday Craft Fair. We're currently seeking members who create handmade, artisan, or unique items and are interested in showcasing and selling their work. If you'd like to participate, please reserve your space with Brenda by Monday, November 30. Don't miss this festive opportunity to share your creations with the community!

DECEMBER RAFFLE BASKETS

We'll have the December Raffle Baskets again this year. If your group is interested in donating a basket, please let Brenda know. Baskets will be on display in December.





Information for the WINTER Session of Exercise Classes & Intermediate Pickleball: DECEMBER 1 - FEBRUARY 26



- **FAIRFIELD RESIDENTS MAY REGISTER ON FRIDAY, NOVEMBER 13 AT 9:00AM**
- **OUT-OF-TOWN MEMBERS MAY REGISTER ON MONDAY, NOVEMBER 16 AT 9:00AM**

Class	DAY
Weight Training w/Loren Williamson	Mondays at 9:00
Chair Yoga with Jennifer	Mondays at 9:00
Zumba with Pauline	Mondays at 10:00
Body Balance with Loren Williamson	Mondays at 11:00
Tai Chi with Jonathan	Mondays at 1:00
Walking Class with Diane	Tuesdays at 9:00
Stretch and Gold Zumba with Nancy	Tuesdays at 10:15
Yoga with Jennifer	Wednesdays at 9:00
Strength & Balance - Loren Williamson	Wednesdays at 9:00
Zumba with Pauline	Wednesdays at 10:00
Qigong with Julie	Wednesdays at 11:00
Weight Training with Diane	Thursdays at 9:00
Chair Yoga with Jennifer	Thursdays at 9:00
Low-Impact Cardio Kickboxing with Debbie	Thursdays at 10:15
Tai Chi with Jonathan	Thursdays at 1:00
Body Balance with Jill	Fridays at 11:00
Cardio Drumming with Jill	Fridays at 1:00
Posture Strong with Debbie	Fridays at 10:00

Session Registration & Attendance

Exercise classes and Pickleball are offered in 12-week sessions. By registering, you are committing to the entire session. If you expect to miss more than THREE 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 winter session schedule, list of classes and pricing will be available on MyActiveCenter.com and at the Center the week of November 9.

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.



Intermediate 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.

Intermediate Pickleball	Tuesdays, 11:30 – 1:30
Intermediate Pickleball	Tuesdays, 1:30 – 3:30
Intermediate Pickleball	Thursdays, 11:30 – 1:30
Intermediate Pickleball	Thursdays, 1:30 – 3:30

HEALTH AND WELLNESS

NEW! MEMORY LANE CAFE



— YOU'RE INVITED TO —

Memory Lane CAFE

A welcoming, dementia-friendly social gathering for Fairfield residents with memory changes and their care partners.

OPENING MONDAY, NOVEMBER 2, 2026

10:00 – 11:30 AM

PENFIELD PAVILION FAIRFIELD

THEN MEETS THE FIRST MONDAY OF EVERY MONTH



Connection and Friendship



Meaningful Activities and Education



Shared Experiences



Care Partner Support



Helpful Local Resources

Enjoy refreshments, games, music, conversation and more in a relaxed, supportive setting.

FREE FOR FAIRFIELD RESIDENTS AND FRIENDS

INTERESTED? PLEASE REACH OUT AND RSVP:
heather@liftedbrainwellness.com | 203.939.9000
WITH ANY QUESTIONS

IN PARTNERSHIP WITH



PARKINSON'S DISEASE PRESENTATION

THURSDAY, NOVEMBER 19 AT 11:00AM

Holly Seymour, Program Director for the Connecticut Chapter of the American Parkinson Disease Association presents an informative session covering the basics of Parkinson's disease, including both motor and non-motor symptoms. Learn about treatment options, practical tips for living well, and resources that may be helpful along the way. This educational program is open to adults living with Parkinson's disease, care partners, adult family members, and anyone interested in learning more about Parkinson's. **Register on MyActiveCenter.com or call the Center.**

HEART ATTACKS: KNOW THE SIGNS, LOWER YOUR RISK, ACT FAST!

DR. ASHTON LAI, CARDIOLOGIST
MONDAY, NOVEMBER 9
FROM 1:00PM - 2:00PM

Every minute counts when it comes to a heart attack. Learn what actually happens in the body during one, the warning signs, and how to find out your own risk. Dr. Lai will cover simple practical steps to protect your heart and what to expect from modern treatment if the worst happens. Bring your questions. **Register on MyActiveCenter.com or call the Center.**

MEDICARE OPEN ENROLLMENT
APPOINTMENTS AT BIGELOW CENTER
TUESDAY NOVEMBER 3, 2026
10:00AM TO 1:30PM



Appointments to review your current Part D or Medicare Advantage plan, comparing it to other available options, and assistance with the enrollment process. Please bring all of your current prescriptions in their original containers and your Medicare card. Each appointment takes about 30 min. Appointments required and limited—no walk in's. The Open Enrollment Drug Screening Form **MUST** be completed and brought to appointment (copies at front desk). Call the Center to make your appointment. 203-256-3166.

BLOOD PRESSURE CLINICS

Monday, November 9 and 23
From 9:30AM - 11:30AM
No Registration Required



GAME DAY FUNDRAISER FOR THE ALZHEIMER'S ASSOCIATION

TUESDAY, NOVEMBER 24, FROM 1:00PM- 3:00PM

We'll have some fun and raise money for a great cause. Games like Mah Jongg, Chess, Card Games, Rummikub, puzzles, and a raffle table. Enjoy coffee, tea, and sweets while supporting Alzheimer's fundraising efforts. A suggested \$5 donation reserves your seat. ♥

UNDERSTANDING ALZHEIMER'S AND DEMENTIA
THURSDAY, NOVEMBER 5 FROM 1:00PM - 2:00PM

Presented by the Alzheimer's Association. Learn about Alzheimer's disease and other types of dementia. Discover the latest information on warning signs, risk factors, diagnosis, and what you can do to support brain health and plan for the future. **Register on MyActiveCenter.com or call the Center.**

UPCOMING EVENTS AND ACTIVITIES

ANIMAL EMBASSY EXPERIENCE WEDNESDAY, NOVEMBER 18 FROM 5:00PM - 6:00PM

Whether they have fur, feathers, fins or scales, animals come in many different forms and have adaptations to help them survive in varying habitats. Take a journey around the world with a unique group of rescued and adopted animals, that could include reptiles, amphibians, arachnids, birds, and mammals. For more information on this program, contact Michael Pisseri, Adaptive Recreation Coordinator, Community Services at 203-256-3191.

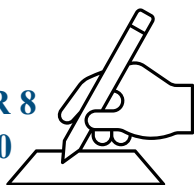
AARP DRIVING COURSE TUESDAY, NOVEMBER 17 FROM 9:15AM- 1:15PM



AARP's defensive driving course teaches strategies to keep you safe behind the wheel. Learn important facts about the effects of medication on driving, how to reduce driver distractions and how to maintain the proper following distance.

Call the Center to register. AARP Members; \$20; non-AARP Members \$25.

WRITER'S WORKSHOP NOVEMBER 10 - DECEMBER 8 TUESDAYS FROM 12:30 - 2:30



Liz Matthews, Westport Writers' Workshop, facilitates and gives you prompts to uncover your stories, and shares tools on how to transform these ideas and musings into stories and essays. **Register on MyActiveCenter.com or at the Center.**



LIFELONG LEARNERS PROGRAM

Lifelong Learners is a not-for-profit, community-based membership organization for those who share a love of learning.

We are seeking professors, professionals, and subject-matter experts to lead engaging educational programs for our upcoming sessions. Do you have expertise or professional experience in a particular field? Or, do you know someone who does? If so, we would love to hear from you! We are looking for presenters for January and February as well as Tuesdays in March and our spring session, April and May. Share your knowledge and expertise with an enthusiastic group of lifelong learners. If you are interested please contact:

Dotty Zweibaum (Zweibaum@msn.com) or,
Margo Schiff (schiffmargo@gmail.com).

PICKLEBALL CLINIC WITH CERTIFIED INSTRUCTOR, BETSY HULME

New to pickleball? This beginner-friendly clinic is a great opportunity to learn the basics and get comfortable on the court. You'll learn fundamental skills, including serving, scoring, court positioning, and basic game strategy, all in a fun and supportive environment. Come learn, practice, and build your confidence while discovering what makes pickleball so much fun! Must attend all and space is limited.



Mondays, November 2, 9 & 16

1:00PM - 3:00PM Cost: \$60 for the session.

Register on MyActiveCenter.com or at the Center with cash or check.

BIGELOW MOVIES - FRIDAYS AT 12:45PM *No Registration Required*

Unbroken

**FRIDAY, NOVEMBER 6
2H 17M**

Inspiring true story of Louis Zamperini, an Olympic athlete and WWII airman who survived extraordinary circumstances. It's currently listed in Netflix's war-movie collection.

A Family Thanksgiving

**FRIDAY, NOVEMBER 13
1H 27M**

A successful career woman gets a surprising second chance to experience the life she might have had. When she is transported into an alternate world as a wife and mother, she discovers the importance of family, love, and the simple things in life.

Planes, Trains & Automobiles

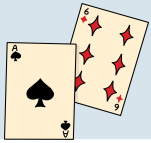
**FRIDAY, NOVEMBER 20
1H 33M**

A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman as his only companion.



BIGELOW CENTER ACTIVITIES

NO REGISTRATION REQUIRED – ALL MEMBERS WELCOME



BRIDGE

TUESDAYS AT 10:00
THURSDAYS AT 1:00



BILLIARDS

DAILY 9:30 – 3:30



PINOCHLE

MONDAYS AT 12:00
FRIDAYS AT 12:00



CANASTA

WEDNESDAYS AT 10:00
THURSDAY AT 12:30



AMERICAN AND CHINESE MAH JONGG

MONDAYS AT 12:30
WEDNESDAYS AT 12:30



CHESS

WEDNESDAYS AT 1:00



BUNCO

TUESDAY, NOVEMBER 24 AT 1:00



SCRABBLE

MONDAYS AT 12:30
FRIDAYS AT 12:30



RUMMIKUB

MONDAYS AT 1:00



WOOD SHOP

DAILY 9:30 – 3:30

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!



FLYING ACES

WEDNESDAYS AT 1:00

Aviation enthusiasts gather in the Bigelow Gym to fly their expertly crafted model planes. Stop by to watch them soar and chat with the hobbyists!



HOOK & NEEDLE

MONDAYS 9:30 – 12:00

FRIDAYS 9:30 – 12:00

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



PING PONG

MONDAYS 9:30 – 12:00

TUESDAY THROUGH FRIDAY
9:30 – 4:00

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



PACERS

STOP BY THE CENTER TO
PICK UP THE SCHEDULE.

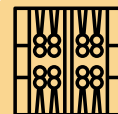
Our friendly walking group stays active year-round, walking from the Center and around Fairfield on Mondays, Wednesdays, and Thursdays.



BRAIN GAMES

Brain teasers and puzzles with Danielle Ramos from National Health Care – With Refreshments!

WEDNESDAY, NOVEMBER 18 AT 10:00



BACKGAMMON

MONDAYS AT 1:00



SINGING GROUP

WEDNESDAY, NOVEMBER 4 & 18 AT 2:00

EXPLORING LITERATURE - REGISTER ON MYACTIVECENTER.COM OR AT THE CENTER

CLASSIC NOVELLA BOOK GROUP

WEDNESDAY, NOVEMBER 4
FROM 1:00PM - 2:00PM

This monthly book group reads and discusses short classic novels (novellas). This month's novella is *Pauline's Passion and Punishment* by Louisa May Alcott

SCRIPTS IN HAND

WEDNESDAY, NOVEMBER 18
FROM 1:00PM - 2:30PM

Love theater? 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.

SENIOR LITERARY SOCIETY

WEDNESDAY, NOVEMBER 18
FROM 11:00AM - 12:00PM

The Bigelow Center monthly Book Club meets the third Wednesday of the month.

November's book is:
The Lion Women of Tehran by Marjan Kamali

NOVEMBER EXERCISE CLASSES, PICKLEBALL & SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 LUNCH 1:00 Tai Chi 1:00 Pickleball Clinic 2	Gym CLOSED for Voting - No Exercise Classes or Pickleball 12:30 Writer's Workshop 3	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 11:00 Qigong 11:00 Spanish 11:00 Let's Talk 11:30 Trip to Sunrise 12:00 LUNCH 1:00 Short Novel Group 4	9:00 Chair Yoga 9:00 Weight Training 10:00 LLL 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:00 Alzheimer's Pres. 1:30 Pickleball 5	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming 6
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 1:00 Dr. Ashton Lai 1:00 Pickleball Clinic 9	9:00 Walking Class 9:30 Veterans Breakfast 10:15 Exercise w/Nancy 11:30 NO Pickleball 1:30 NO Pickleball (Flu Clinic in Gym) 12:30 Writer's Workshop 10	 Closed 11	9:00 Chair Yoga 9:00 Weight Training 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:00 Fraud Presentation 1:30 Pickleball 12	9:00 REGISTRATION Fairfield Residents 10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming 13
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 1:00 Pickleball Clinic 16	9:00 Walking Class 9:15 AARP Driving Class 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Bingo 12:30 Writer's Workshop 1:30 Pickleball 17	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 10:00 Brain Games 11:00 Sr. Literary Society 11:00 Qigong 11:00 Spanish 11:00 Let'sTalk 12:00 LUNCH 1:00 Scripts in Hand 18	9:00 Chair Yoga 9:00 Weight Training 10:15 Kickboxing 11:00 Ukulele 11:00 Parkinson's Pres. 11:30 Pickleball 1:00 Tai Chi 1:30 Pickleball 19	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming 20
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 - Thanksgiving Special 1:00 Tai Chi 23	9:00 Walking Class 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Writer's Workshop 1:30 Pickleball 1:00 Game Day Fundraiser 24	NO Exercise Classes 11:00 Spanish 11:00 Let's Talk 12:00 LUNCH NO Afternoon Activities 25	 Closed 26	
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 LUNCH 1:00 Tai Chi 1:00 Art Design with Silvana 30	COFFEE & TEA SHOP OPEN DAILY 9:30-12:00 CAFE CLOSED ON TUESDAY, NOVEMBER 10 			

BIGELOW CAFE MENU NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna with Ground Meat and Cheese Broccoli Bread Chicken Soup 2	 3	BBQ Boneless Chicken Thighs Sweet Potato Collard Greens Apple Bread Vegetable Soup 4	5	Meatloaf Mashed Potatoes w/Gravy Green Beans Banana Beef Barley Soup 6
Stuffed Shells Meatballs Broccoli Apple Pasta Fagioli Soup 9	10	 11	12	Stuffed Peppers with Ground Beef, Rice Spinach Mashed Potato Banana Chicken Soup 13
Roasted, Boneless Chicken Thighs Red Potatoes Zucchini Apple Bread Minestrone Soup 16	17	Eye of Round Low Sodium Gravy Mashed Red Potato Zucchini Banana Bread Beef Barley Soup 18	19	Shrimp Stir Fry Broccoli, Bean Sprouts Carrots Banana Bread Stuffed Pepper Soup 20
Thanksgiving Celebration Turkey with Gravy Bread Stuffing Green Beans Cranberry Sauce Roll Pumpkin Pie 23	24	Baked Potato Chili with Beans Cheese Broccoli Sour Cream Apple Bread 25	 26	27
COOK OUT! Hamburger/Veggie Burger Pinto & Kidney Beans Potato Salad with Egg 30	All soups are homemade with no-salt stock, no sodium added ingredients and fresh or frozen vegetables. Unless otherwise noted, all salads are romaine mescaline mix, cucumbers, tomato, chickpeas, carrots. Breads are assorted to include whole wheat, 12 grain, rye, Italian or dinner rolls. Menu is subject to change. November Sandwich Option: Grilled Chicken Sandwich			

There's a new reason to join us at noon!

The Bigelow Center is pleased to offer lunch on Mondays, Wednesdays, and Fridays at 12:00PM. Enjoy a freshly prepared meal in a relaxed, welcoming setting while catching up with friends and meeting new people. We hope lunch becomes another enjoyable part of your week at the Bigelow Center.

Reserve your seat and join us at the table.

- Reservations must be made at least three business days in advance by visiting or calling the Center at 203-256-3166 to let the office know which day(s) you would like to reserve.
- For adults age 60 and older, suggested donation is \$5-\$7 per meal. The lunch price for adults under age 60 is \$16 per meal. Aides, companions, friends, and adult family members are welcome to dine with us. Please include everyone who will be dining with you in your reservation.
- If you need to cancel your reservation, please do so at least three days before your scheduled lunch(es).
- All participants must complete a form to participate in this Older Americans Act congregate nutrition program.
- Meals are served at the Bigelow Center and are dine-in only. Takeout is not available.
- Registration deadlines for holiday celebrations and special lunches may vary.

What's for lunch?

Lunch selections will be published in the Bigelow Center newsletter. Menus are subject to change. Each meal includes soup or salad and dessert. A sandwich may be selected instead of the featured entrée when you register. Requests for dietary reasons can be made in advance and may not be offered during holiday meals or other special events.



HOLIDAY GIVING & YEAR-ROUND SUPPORT DANCING, GIVING & NEIGHBORS HELPING NEIGHBORS

Fairfield Social Services has something special to celebrate! Our Social Worker, Eileen Fickes, took home the win at the Gaelic-American Club's Dancing with the Stars—and we couldn't be prouder! Eileen chose Fairfield Social Services as her charity, raising support for two programs that make a direct impact for Fairfield residents: heating assistance and gift card assistance. Congratulations to Eileen on a fantastic performance, and a heartfelt thank-you to everyone who cheered her on and supported her.

While Eileen may have hung up her dancing shoes (at least for now), the spirit of giving continues at Fairfield Social Services. The holidays may still be a little way off, but we're already thinking ahead. This year, we're expanding our Holiday Giving Program to reach more local families, seniors, and veterans. At the same time, we continue to see neighbors turning to Social Services for help with groceries and everyday essentials throughout the year.

Would you consider helping us make sure a Fairfield neighbor has what they need—during the holidays and beyond? Gift cards are especially helpful because they give recipients the dignity and flexibility to choose what they need most. Grocery gift cards from Stop & Shop, ShopRite, Trader Joe's, and Aldi are greatly appreciated, as are gift cards to retailers offering household and everyday essentials. Gift cards may be dropped off at: Bigelow Senior Center, 100 Mona Terrace, Fairfield, CT 06824. Checks payable to Fairfield Social Services may also be mailed or dropped off at the same address.



**You can also donate online to
Fairfield Social Services.**

Your generosity helps Fairfield neighbors feel supported, cared for, and connected to their community. Together, we can keep that spirit of giving going long after the music stops.

FOR VETERANS

Connecticut Department of Veteran's Affairs

The CT Department of Veteran's Affairs has an office at the Bigelow Center to provide assistance and services to our Veterans. Walk-ins welcome, appointments are encouraged. Call for an appointment: 203-418-2005.



Veterans Student Loan Relief:

Veterans and service members 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.

NOVEMBER IS NATIONAL CAREGIVERS MONTH



This month, we honor the everyday heroes caring for family, friends, and loved ones. While caregiving can be deeply meaningful, it can also be overwhelming and exhausting. Remember, you are not alone and support is available. If you need help or simply need a break, reach out to Social Services. We offer caregiver support, home-assistance referrals, and more. You are doing important, loving work—and you deserve support, too.

CAREGIVER SUPPORT GROUP

This group is for anyone 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. Meetings are monthly. If you are interested in finding out more about this group call Social Services at 203-256-3170.

VULNERABLE RESIDENT OUTREACH REGISTRY

Fairfield Social Services continues to offer the Vulnerable Resident Outreach Registry, 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. Once signed up, participants can receive emergency planning check-in calls from our Social Services team.

his program is completely voluntary, and residents can 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

The registration form is available on the Fairfield Social Services website. You can also call us at 203-256-3170 for more information.

Being on the registry does not mean guaranteed services or priority emergency response. It's also not the same as a "Friendly Caller" program. The goal is to make sure residents who truly need assistance in a crisis are known to us and can be checked in on.

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).

GRIEF SUPPORT GROUP

This 6-week series is for those who have experienced the 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 11:00AM -12:30PM.

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.

IT'S HURRICANE SEASON! PRACTICAL STEPS TO TAKE TO PREPARE FOR A STORM



- Develop Your Plan to Stay or Go
- Help to Evacuate: plan who will help
- Power Needs: If you require power for medical devices or keep medicines cold, make a back-up plan.
- Create a Communication Plan: Make an emergency contact list and plan how you'll reach your support group and important emergency contacts when communications may be disrupted
- Gather Your Emergency Supplies: Use a checklist to prepare what you'll need in your home, car or when you evacuate.
- Manage Medical and Personal Needs: Keep extra medications and extra assistive items such as a cane or glasses. Plan for your food needs if you follow a special diet.
- Get batteries to back-up power dependent devices.
- Locate Important Documents.
- Keep a List of Medical Information.



HELP WITH HEATING COSTS 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.



A Connecticut-based nonprofit dedicated to providing emergency energy assistance for low- and moderate-income households. The program primarily helps individuals and families facing financial hardship pay past-due electric bills—and, in some cases, upcoming bills—to prevent service disconnection.

If you're struggling with electric, gas, or heating costs, you can check your eligibility or schedule an appointment with Fairfield Social Services call 203-256-3170.

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 ten punch ticket (\$10.00) 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 10:00AM - 1:30PM

DIAL-A-RIDE

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

PILOT PROGRAM – ERRAND TRANSPORTATION

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. Cost: One punch (\$1) per trip.



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 through November 30, 2026.

Questions? Call SWCAA at 203-814-3649.



UNIVERSITY OF BRIDGEPORT FONES SCHOOL OF DENTAL HYGIENE

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



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, Rebecca LaPierre

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

Bigelow Center Admin: Jeanne DeLeonardo, bigelowcenter@fairfieldct.org

Program Assistant: Olga Kowal, okowal@fairfieldct.org

Receptionist: Nora Cooper, seniorreception@fairfieldct.org





Celebrate the Season with Our FALL & HOLIDAY SENIOR TRIPS!

Day trips filled with discovery, connection and festive fun!



NATIONAL 9/11 MEMORIAL & MUSEUM



THURSDAY, NOVEMBER 5, 2026



8:30 AM – 6:00 PM



DEPARTS FROM THE BIGELOW CENTER



\$124 PER PERSON

REGISTRATION OPEN THROUGH OCTOBER 1

Visit the moving 9/11 Memorial & Museum in Lower Manhattan. Reflect at the twin pools, explore powerful exhibits, and enjoy free time for lunch at Brookfield Place.

Please note: this trip includes a moderate amount of walking.

NY BOTANICAL GARDEN HOLIDAY TRAIN SHOW



THURSDAY, DECEMBER 3, 2026



9:00 AM – 5:30 PM



DEPARTS FROM THE BIGELOW CENTER



\$133 PER PERSON

REGISTRATION OPEN THROUGH OCTOBER 30

See model trains travel through festive landscapes featuring 140+ miniature NYC landmarks at the NY Botanical Garden. Enjoy lunch, shop the gift shop, and visit Arthur Avenue's Italian markets.

Please note: this trip includes a moderate amount of walking.

