



MARCH NEWSLETTER—2026

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

Broadway at the Bigelow Center

The Nearness of You

Music from the American Songbook

Thursday, March 12 at 12:30

Join us for an incredible, must-see performance: *The Nearness of You: Music from the American Songbook* showcasing renowned Broadway artist James Michael.



He brings timeless songs to life with the passion and polish of the Broadway stage.

Sponsored by Cambridge/Ludlowe, ComForCare and Sunrise of Fairfield. Refreshments will be served.

Register on MyActiveCenter.com or call the Center.



Celebrating Women's History Month

Thursday, March 19 at 10:30

Curator Chelsea Garth from the Fairfield Museum celebrates Women's History Month with a fascinating look at some of the remarkable women who helped shape Fairfield's history.

Through stories and insights from the past, she will highlight the lasting contributions of women whose lives and achievements continue to inspire us today.

Register on MyActiveCenter.com or call the Center.



NEW! Monthly Discussion with Town Department Heads

Tim Bishop—Conservation Dept.
Monday, March 23 at 10:00

Meet your town—one department at a time! This month, Tim Bishop, Conservation Director, talks about the Conservation Department and the work it does to protect and manage local natural resources, wetlands, and open spaces.

And if you've admired the beautiful new photographs lining the hall, you can thank Tim and the Conservation Department for hosting the photo contest that captured the natural beauty of our town through the eyes of local photographers.

Register on MyActiveCenter.com or call the Center.

St. Patrick's Day Celebration

Tuesday, March 17 at 9:30

Sponsored by The Friends of the Bigelow Center.

Start your day with a warm breakfast and good

company. Join us for bacon, egg, and cheese sandwiches, fresh coffee, and orange juice, followed by music and a lively sing-along of Irish favorites and show tunes. The sing-along will be led by David Harris, a highly regarded conductor, organist, pianist, composer, and choir director.

Be sure to wear your green and bring your singing voices — all are welcome. Remember to wear your Erin Go Bragh!

Register on MyActiveCenter.com or call the Center.



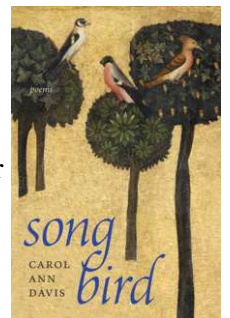
Poetry Reading with Poet Carol Ann Davis

Tuesday, March 24 at 1:00

Poet Carol Ann Davis will do a poetry reading featuring work from her book *Songbird*. Using short lyric poems in long sequence, *Songbird* explores themes of growth, embodiment, voice, desire, and the tension between beauty and violence, guided by the images and sounds of the natural world.

Through this daring collection, Davis invents a new, halting language to approach the unsayable aspects of interior life and to challenge the binaries of modern existence.

Carol Ann Davis is the author of the poetry collections *Psalm* and *Atlas Hour* and the essay collection *The Nail in the Tree*, and she is Professor of English at Fairfield University, where she directs the Low-Residency MFA program. An NEA Fellow in Poetry, she has read her work widely and been published in major literary journals including *The Atlantic*, *The American Poetry Review*, and *Agni*.





AARP Tax Preparation

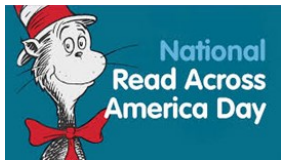
Appointments for hour-long sessions with trained, certified volunteers are available **Mondays and Wednesdays, between 9:00 a.m. and Noon, through April 13.**

Although this service is geared to seniors with limited incomes, AARP volunteers will assist anyone of any age. Volunteers do not have access to your prior year information. Please bring your identification (driver's license and Social Security or Medicare card), supporting documentation for 2024 income and your 2024 tax return. **Call 203-256-3166 to make an appointment.**

Read Across America Day at Dwight Elementary School

Wednesday, March 11, 1:00—3:00

Celebrate the joy of reading with the next generation.



Members are invited to visit Dwight Elementary School to read with students for National Read Across America Day.

Your time and stories can help inspire a lifelong love of books. Students will read a few of their favorite stories and you'll be part of a very special day! Depart the Bigelow Center at 12:30 and return by 3:00. Space is limited.

Register on MyActiveCenter.com or call.



Astronomy: Exploring the Wonders of the Universe **Wednesday, March 11 at 10:00**

Dr. Varghese "VJ" John continues with his monthly series of engaging presentations. VJ is an accomplished physicist and technologist with a strong commitment to scientific inquiry and education. He is dedicated to inspiring learners of all backgrounds to think critically, embrace a growth mindset, develop new skills, and pursue personal growth. **\$5 Fee.**

Register and pay on myactivecenter.com or in person at the Center with cash or check.

Flower Arranging with Restorative Blooms

Tuesday, March 10 at 10:00



Join Restorative Blooms for a relaxing hour with horticulture therapist, Allie Cohen, where you'll create a beautiful fresh flower arrangement. Spring is in the air!

Enjoy tea, soothing music and conversation for just \$10. Bring your own container to create the arrangement.

Register on MyActiveCenter.com or call the Center.

Common Causes of Pain as We Age and How To Safely Manage It

Thursday, March 19 at 1:00



Dr. Jacob Lurie and Dr. Shyam Desai, pain medicine physicians at Orthopedic Specialty Group (OSG), present an informative talk on understanding chronic pain as we age.

Learn common causes of pain and review safe, effective treatment options that can help improve comfort, function, and quality of life.

Register on Myactivecenter.com or call the Center.

Lunch with Chef Gary from The Residence at Westport **Tuesday, March 31 at 12.00**

Gary recently joined The Residence at Westport as their Restaurant Operations Director and they are generously sponsoring this special lunch for us.

His passion for food began at an early age, inspired by fond memories of watching his father cook for their family. Gary finds great joy in bringing people together through food, and he's excited to share that joy by preparing a delicious surprise lunch for us at the Bigelow Center. Space is limited.

Register on Myactivecenter.com or call the Center.



Classic Monday Movies at 12:45

Join George Rockmore as he shares some of his favorite classic movies.

March 9 – "What's Eating Gilbert Grape" (1993) is a heartfelt, bittersweet drama following Gilbert (Johnny Depp), a young man trapped by responsibility in a dying Iowa town. He cares for his morbidly obese mother and mentally disabled brother, Arnie (Leonardo DiCaprio), finding hope when a free-spirited traveler, Becky (Juliette Lewis), arrives.

March 16 – "King of Hearts" (1966). This quirky comedic war film focuses on Scottish soldier Charles Plumpick (Alan Bates), who is sent to a French town on a mission to disarm a bomb left by the retreating German army during World War One. Plumpick discovers that the area is playfully deserted except for the inmates of the local asylum. The mental patients playfully take over the town and pronounce the soldier their king. While Plumpick is intrigued by the antics of the former inmates, he must stay on task and find the bomb before it detonates. The film is a delight because of the roles the inmates take on. But the end of the film has a very strong anti-war statement. 1 hour and 42 minutes

March 23 – "Chocolat" (2000). When mysterious Vianne and her child arrive in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop, across the square from the church. Her ability to perceive her customers' desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation – just as Lent begins. 121 minutes



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.

Technology Tuesdays

Tuesdays, March 10, 17, 24
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.**



Let's Talk Discussion Group

Wednesdays at 11:00



Join us 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.

Not a member of the Center? Join us!



Stop in to complete a membership form or complete one online on our website at www.fairfieldct.org.

Once you register you'll pick up your key tag at the Center and you're ready to go!

Membership is free for Fairfield residents and \$25 for out of town members and renews every July.

Questions? Give us a call at 203-256-3166.



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Additional Spring Classes

Ukulele Lessons—Spring Session Thursdays, March 5—May 28 (13 classes)



Ukulele lessons continue with Steve Forlano, member of the Ukulele band The CUKes. A minimum number of students are required to hold the class.

Fee is \$ 75 for each session.

Intermediate Class: 11:00—12:00

Beginner Class: 12:00—1:00

Register on myactivecenter.com or call 203-256-3166.

Life Stories: A Creative Writing Workshop Spring Session:

Tuesdays March 3—May 26 (12 Classes)
Tuesdays, 12:30—2:00



Writer's Workshop continues and all levels of writers are welcome. Do you have a story to tell? Join our writing workshop and get those stories on to the page.

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. **NO FEE.**

Register on myactivecenter.com or call 203-256-3166.

Spanish Classes

Wednesdays,
March 4—May 27
(13 Classes)



Learn the grammar and structure of this beautiful language. Instructor: Luz Rincon. A minimum number of students are required to hold the class. **Fee is \$160 for the session.**

Beginner Class: 10:00—11:00

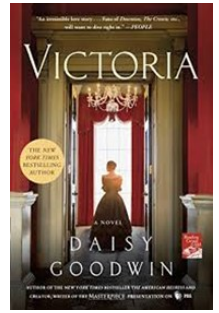
Intermediate Class: 11:00—12:00

Register on myactivecenter.com or call 203-256-3166.

Senior Literary Society Wednesday, March 18 at 11:00

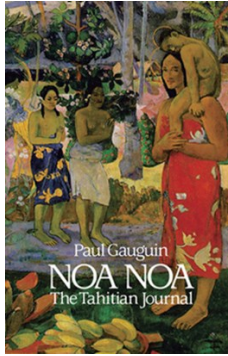
All are welcome to join the Bigelow Center Book Club!

The March book choice is: *Victoria* by Daisy Goodwin



Register on MyActiveCenter.com or call the Center.

Short Classic Novel Book Group Wednesday, March 11 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 *Noa Noa* (fragrant scent in Tahitian), a short 1901 memoir by the famous artist Paul Gauguin about his first visit to Tahiti.

All are welcome!

Register on MyActiveCenter.com or call the Center.

Scripts in Hand -Wednesday, March 18, 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.

At the March session, we'll read scenes from *Uncle Vanya*, *A Comedy in Four Acts* by Anton Chekhov.

Register on MyActiveCenter.com or call the Center.



Interested in Singing?

Do you enjoy singing, or have you ever wanted to be part of a singing group? We're exploring interest in starting a fun, friendly singing group here at the Center—let Brenda know if you'd like to join!



Documentaries in March—Wednesdays at 12:45

March 4—Call me Kate: This documentary explores the life of actress Katharine Hepburn using her own words, archival footage, and previously hidden audio. It focuses on her independence, private struggles, and relationships, aiming to reveal the truth behind her public persona. 2022/1h 26m

March 11—Martha: Martha Stewart built an empire with her impeccable taste and business acumen. One phone call changed everything. She tells her story in this documentary. 2024/1h 53m.

March 18—My Octopus Teacher: This intimate, cinematically captivating film about the bond between a filmmaker and an octopus received an Academy Award for Best Documentary Feature. 202/1h 25m.

March 25—The Other Shore: Follow legendary 63- year-old swimmer Diana Nyad as she pursues a perilous goal: swimming from Cuba to Florida without using a protective shark cage. 2013/1h 37m.





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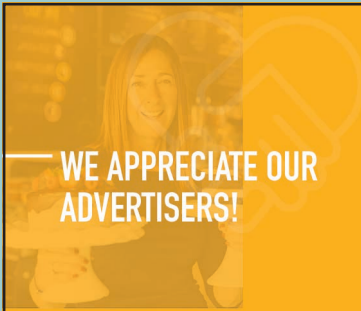
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LIFELONG LEARNERS—TUESDAYS IN MARCH

All Classes \$15 Each

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 website.

Appreciation and Valuation of Bordeaux Wines – Tuesday, March 3. 10:00 to 12:00.

Explore the fascinating controversy between wine connoisseurs regarding the quality and price of a region's wine and its variance over various vintages. What are the determining factors and how critical is weather? Additionally, we all know red wine is heart healthy...is it really, so?

Thomas Philips is an Adjunct Professor in the Department of Finance and Risk Engineering at NYU Tandon School of Engineering where he teaches Valuation Theory.

Impress Your Grandchildren (or Children or Yourself) – NEW DATE: Tuesday, March 31. 1:00 – 3:00.

When trying to help me with my phone skills my grandson said - "It's true what they say about old people" Ouch! But we geezers know a zero-technology trick or three that they don't, or you will after taking this class. Impress them with easy to learn simple tricks with string, coins, cards, your finger, your elbow, the back of your hand and the world-famous paper hexaflexagon. You can also teach them hyperbole. Intrigued? You can even impress fellow geezers who don't take this class. Note: results may vary but we guarantee you will have fun. Now, can anybody help me with my phone?

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

Contemporary Studio Glass Marbles, Spheres, and Orbs – Tuesday, March 10, 10:00 – 12:00.

Over the past half-century, the creation of glass marbles has evolved into a uniquely American art form. Transforming marbles from simple toys to intricate works of glass sculpture...showcasing exceptional creativity, technical mastery and individuality. This course will give you a view into this fascinating art form filled with color and light.

Mark Block is a leading authority on contemporary marbles and the modern glass art movement. The author of several books on the subject, he is credited with coining the term "Contemporary Marble Movement." He continues to write and deal in contemporary studio art.

Sensing Peru: An Immersive Folklore Experience – Tuesday, March 10. 1:00 3:00.

A journey designed not just to teach you about Peruvian culture, but to let you feel it. You will travel through the Coast, the Andes, and the Amazon as if you were truly there; hearing the rhythms of Afro-Peruvian drums, sensing the heartbeat of the mountains through ancestral dances, and stepping into the vibrant spirit of the jungle. Through storytelling, gentle guided imagination, music, color symbolism, and the deeper meaning behind traditional outfits and rituals, you will discover how each dance is a living expression of history, identity, and spirit...a sensory, and cultural journey that invites you to connect with Peru in a way that is alive, intimate, and unforgettable.

Silvana Deigan is an artist and an active organizer for the Hispanic community in New Haven. Her love of art and dancing has led her to study the art of Peru and Egypt. Her art is on permanent display at the "Lost in New Haven" Museum. She is currently working on forming a women's group with the goal of supporting, empowering, and healing them through art, dance, and more

What is Fashion, Part 2 – Tuesday, March 17. 10:00 – 12:00.

A fun overview of the history of fashion examining how the past has influenced and inspired fashion of today. Bring your old pictures to class.

In addition to 25 years of experience in the fashion industry, Ellen Gang has taught for many years at F.I.T. in New York City, Sacred Heart University, and The Ellen Gang Design Studio--where teens and young adults learn to experience the joy of design. Her industry experience includes serving as Director of Design & Merchandising at Knitwaves, Inc., a fashion-forward children's clothing company.

(Cont. Lifelong Learner Classes)

The American Wing of the MET turns 100 – Tuesday, March 17. 1:00 – 3:00.

The American Wing recently celebrated its 100th anniversary with a reinstallation of a wide array of treasured art works. Paintings by notable American artists such as Winslow Homer, J.M. Whistler, Mary Cassatt, and Thomas Eakins animate the galleries. Learn about the greatest highlights of these 75 galleries, covering the mid-17th to the mid-20th century.

Dr. Marcie Slepian has an A.B. in Art from Brown University, a PhD in Art History from Yale University and has been an art educator in Connecticut for almost 40 years. She has taught art history courses at the Senior Center for about 10 years.

Birding Workshop – Tuesday, March 24. 10:00 to 12:00.

Chris will provide a thorough introduction to making your yard attractive to our feathered friends discussing: bird feeding, critter defense and other ways of attracting birds to your environs. He will discuss the most common, local backyard birds and what to expect during the spring migration!

Chris Petherick is a lifelong birding enthusiast who, with his wife Sue, owns the Wild Birds Unlimited Nature Shop on Black Rock Turnpike. Chris has been an avid birder since taking classes at the Buffalo Science Museum and spending summer days at the local Audubon Center. He loves attracting birds to his backyard with feeders as well as birding in the field.

Westport Public Art Collections: Celebrating 60 Years – Tuesday, March 31. 10:00 12:00.

Learn about the treasures of the Westport Public Art Collections (WestPAC), with more than 2000 works of art on display in public schools, municipal buildings and parks throughout Westport. WestPAC has also organized numerous exhibitions, including at MoCA\CT and the Westport Library, to make its artworks accessible to a broader public audience. I've will introduce the current music-themed exhibition, *Art, Jazz + the Blues*, on view at MoCA\CT through April 26th, discuss the 19 outdoor sculptures that form part of the collection, and give an overview of the activities of the dedicated volunteers that care for the art.

Ive Covici serves as the head of exhibitions and education at the Westpac Committee. She has been a member of the Committee since 2016. She is also a curator and adjunct professor at Fairfield University.

News from Brenda



Let's hope our beautiful daffodils in front of the building bloom this month—we could all use something cheerful to look at outside besides snow!

You may have noticed our new logo on the front page. We love it and hope you do too! Thank you to everyone who took the recent Bigelow Center survey. We received valuable feedback and many helpful suggestions. If you haven't had a chance yet, the survey is still available, and paper copies can be picked up at the Center.

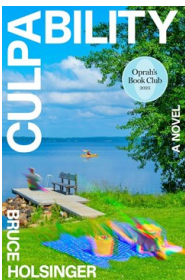
We are also looking for members to join the Bigelow Center Member Council. This is a great opportunity to regularly share your ideas, feedback, and concerns about what's happening at the Center. Meetings are held once a month on a Monday at 10:00 a.m. Please see me for more information.

Please join Gaylen Brown and me for coffee on **Monday, March 30 at 9:30 a.m.** Bring your questions, concerns, and ideas you'd like to discuss. We'll meet in the Café.

March is Women's History Month, and we're excited to offer a wonderful program on **Thursday, March 19 at 10:30 a.m.** featuring Fairfield Museum Curator Chelsea Garth—you won't want to miss this special presentation (details on pg. 2).

Coffee Hour has been extended until 12:00 p.m., so be sure to stop by after your morning classes and enjoy a cup of coffee with friends.

One Book One Town Event



The One Book One Town book selection is **Culpability by Bruce Holsinger**. Copies are available to borrow at the Fairfield Public Libraries and Pequot.

Bruce Holsinger will be speaking at the Sacred Heart Community Theater **Wednesday, March 4, at 7:00pm**. Please visit www.fairfieldpubliclibrary.org to register and for more information.

Coffee at the Bigelow Center

**with
The Fairfield Men's Association
(FMA)**

Monday, March 2 at 9:30

Representatives from the Fairfield Men's Association will be at the Bigelow Center for coffee on Monday, March 2. Stop in to say hello and hear all about this newly formed group.

No registration required.

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, March 31 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.

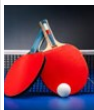
Rummikub—Mondays at 1:00

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, 9:30—12:00
Tuesday-Friday 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.



Billiards—Daily 9:30—3:30



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.

Open Art

**Tuesdays, March 3, 17, 24
10:00—12:00**

Discover Open Art, a relaxed, drop-in session where creativity leads the way—paint, draw, collage, or explore any medium you love. Bring your own materials and enjoy making art in a welcoming, social space.

Line Dancing

Wednesday, March 11 and 25 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 March 2 & 16

No Registration Required.



Bunco!

Tuesday, March 31 at 1:00

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



Bigelow Center Bingo

Thursday, March 26 at 12:30

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

Refreshments will be served.

Register on MyActiveCenter.com or call 203-256-3166.



Brain Games -Wednesday, March 18 at 10:00

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

Register on myactivecenter.com or call 203-256-3166.

BIGELOW CAFÉ MARCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|----------|---|
| 2 Spaghetti w/Meat Sauce Broccoli Garlic Bread | 3 | 4 Lemon Rosemary Chicken Brown Rice Meadow Blend Veggies Italian Bread Fruit Cup | 5 | 6 Escarole Soup Tuna Fish Potato Salad Tomato Salad Sub Roll Oatmeal Bar |
| 9 Meatballs w/Orange Sauce Brown Rice Meadow Blend Veggies Pineapple | 10 | 11 Hearty Vegetable Soup Fish Filet Herbed Rice Tuscan Blend Veggies Mango Pineapple Mix | 12 | 13 Lasagna With Marinara Sauce Winter Blend Veggies Italian Bread Birthday Cake |
| 16 Pork Chopette With Apple gravy Buttered Egg Noodles Harvard Beets Applesauce | 17 | 18 Corned Beef & Cabbage Boiled Potatoes Carrots Rye Bread St. Patrick's Dessert | 19 | 20 Tomato Florentine Fish Filet Buttered Orzo Peas & Carrots Peaches |
| 23 Bruschetta Chicken White Rice Garlic Green Beans Tropical Fruit | 24 | 25 Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Orange | 26 | 27 Three Bean Chili Brown Rice Spinach Cornbread Oreos |
| 30 Ravioli with Marinara Sauce Zucchini Italian Bread | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Alternate Chef Salad available. </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> 1% Milk and Whole Grain Bread provided daily. </div> </div> | | | |

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.
Advance
Suggested Donation: \$3:00—\$5:00**



**CW Resources Nutrition Presentation
Demystifying Carbohydrates:
A Guide to Healthy Carbohydrate Sources
Monday, March 30 at 11:00**

Join Registered Dietitian Nutritionist Zara Awan to understand more about carbohydrates, and how they affect your body. Carbohydrates are an essential fuel source for our muscles, central nervous system and brain. All complex brain functioning requires fuel, and that fuel is carbohydrates! Handouts and a recipe available for all.

MARCH CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 9:00 Chair Yoga 2 9:00 Pacers Walking Group 9:00 Weight Training 9:30 Fairfield Men's Assoc. 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble NO Movie 1:00 Tai Chi 1:00 Rummikub | 9:00 Walking Class 3 10:00 Open Art 10:00 Lifelong Learner 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 1:30 Pickleball 2:00—4:00 Tech Tuesday | 9:00 Yoga 4 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:30 Mah Jongg 12:45 Documentary 1:00 Chess 1:00 Flying Aces | 9:00 Chair Yoga 5 9:00 Weight Training 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 12:30 Canasta 1:00 Bridge 1:00 Tai Chi 1:30 Pickleball | 10:00 Body Balance 6 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming |
| 9:00 Chair Yoga 9 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:45 Classic Movie 1:00 Tai Chi 1:00 Rummikub | 9:00 Walking Class 10 10:00 Lifelong Learner 10:00 Flower Arranging 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 1:00 Lifelong Learner 1:30 Pickleball 2:00—4:00 Tech Tuesday | 9:00 Yoga 11 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 10:00 Astronomy Pres. 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Line Dancing 12:30 Mah Jongg 12:45 Documentary 1:00 Read across the USA 1:00 Chess/Flying Aces 1:00 Short Novel Group | 9:00 Chair Yoga 12 9:00 Weight Training 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 12:30 Broadway Singer 12:30 Canasta 1:00 Bridge 1:00 Tai Chi 1:30 Pickleball | 10:00 Body Balance 13 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming |
| 9:00 Chair Yoga 16 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 10:00 Lunar New Year NO Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:45 Classic Movie 1:00 Tai Chi 1:00 Rummikub | 9:30 St. Patrick's Day Breakfast 17 9:00 Walking Class 10:00 Open Art 10:00 Lifelong Learner 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 1:00 Lifelong Learner 1:30 Pickleball 2:00—4:00 Tech Tuesday | 9:00 Yoga 18 9:00 Strength & Balance 10:00 Canasta 10:00 Zumba 10:00 Brain Games 11:00 Let's Talk NO Qigong 11:00 Spanish 11:00 Senior Literary Soc. 12:00 Lunch 12:30 Mah Jongg 12:45 Documentary 1:00 Chess/ Flying Aces 1:00 Scripts in Hand | 9:00 Chair Yoga 19 9:00 Weight Training 10:15 Zumba 11:00 Ukulele 10:30 Women's History Presentation 11:30 Pickleball 12:30 Canasta 1:00 Managing Pain Pres. 1:00 Bridge 1:00 Tai Chi 1:30 Pickleball | 10:00 Body Balance 20 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming |
| 9:00 Chair Yoga 23 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 10:00 Watercolor Class 10:00 Meet Tim Bishop 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:45 Classic Movie 1:00 Tai Chi 1:00 Rummikub | 9:00 Walking Class 24 10:00 Open Art 10:00 Lifelong Learner 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 1:30 Pickleball 1:00 Poetry Reading 2:00—4:00 Tech Tuesday | 9:00 Yoga 25 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 10:00 Brain Games NO Qigong 11:00 Let's Talk 11:00 Spanish 12:00 Line Dancing 12:00 Lunch 12:30 Mah Jongg 12:45 Documentary 1:00 Chess/Flying Aces | 9:00 Chair Yoga 26 9:00 Weight Training 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 12:30 Canasta 12:30 Bingo 1:00 Bridge 1:00 Tai Chi 1:30 Pickleball | 10:00 Body Balance 27 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming |
| 9:00 Chair Yoga 30 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 11:00 Nutrition Presentation 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble NO Movie 1:00 Tai Chi 1:00 Rummikub | 9:00 Walking Class 31 10:00 Lifelong Learner 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:00 Lunch with Chef Gary 12:30 Writer's Workshop 1:30 Pickleball 1:00 Bunco 1:00 LLL | <p>Coffee Shop—Open Daily 9:30—12:00</p> <p>Hook and Needle: Mondays and Fridays, 9:30—12:00</p> <p>Woodshop, Table Pool: Daily 9:30—3:30</p> <p>Ping Pong: Mondays, 9:30—12:00 Tuesdays—Fridays, 9:30—3:30</p> <p>Blood Pressure Clinic: Monday, March 2 & 16 9:30—11:30</p> | | |



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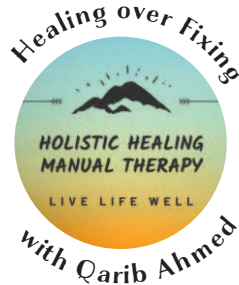


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**Fairfield Senior Tax Relief Program
Application Period ends Friday, May 15**

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 March 17, 2026 at 9:00 AM Fairfield Penfield Pavilion

The Veterans Coffee House is a monthly event which offers a welcoming space for veterans of all

ages and service backgrounds to connect, share experiences, and support one another in a relaxed, informal setting. Whether you're reconnecting with old friends, meeting new ones, or just enjoying time with fellow vets, this is a place for you.

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

Facilitated by Mary Harris, Veterans Service Officer for the State of Connecticut, and cosponsored by the Fairfield VFW, each gathering includes coffee, refreshments, and conversation—with no agenda and no pressure.

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

We'd be honored to have you.

**For Veterans
Connecticut Department of
Veteran's Affairs**



The Connecticut Department of Veteran's Affairs has an office at the Bigelow Center to provide assistance and services to our Veterans. Walk-ins welcome but appointments are encouraged.

Call for an appointment—203-418-2005.

Veterans Student Loan Relief:

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

Veterans reimbursement for travel to medical appointments:

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

Veterans/Military Exemptions:

Combat-era veterans or their surviving spouses who have filed their DD-214 (Honorable Discharge) with the Town Clerk may be eligible for an assessment exemption on their dwelling or vehicle. For information call **Tax Assessor's office at 203-256-3110.**

National Social Workers Month



March is National Social Workers Month—a time to recognize and thank the professionals who show up every day with empathy, integrity, and skill. Our work is often quiet and behind the scenes, yet its impact is felt every day: building trust, honoring dignity, and helping residents move forward, one thoughtful conversation at a time.

Our social workers begin by listening. People don't reach out because they want to be "fixed"—they reach out because something feels uncertain, overwhelming, or out of control. In those moments, being heard matters. We understand how difficult that first step can be and meet people with respect, patience, and care.

Our work is grounded in dignity. We don't do *for* people—we work *with* them. Together, we slow the moment down, clarify options, and build a path forward. From emergency financial assistance and fuel support to tax preparation, home visits, and support groups, our role is to help people regain stability without sacrificing dignity.

Privacy is not an afterthought; it's foundational. Every conversation is treated with care, and private information is held close, because no one should feel embarrassed, exposed, or judged for asking for help.

We also know no one does this work alone. Our department works closely with social workers and professionals across local, state, and community agencies—connecting individuals and families to the right supports, at the right time. Our social workers are here for you, your friends, and your neighbors—ensuring no one has to navigate life's challenges alone.

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.

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. Once signed up, participants can receive emergency planning check-in calls from our Social Services team.

This program is completely voluntary. 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.

A quick note: 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 can be checked on.

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

Human and Social Services Department Information

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

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

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

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

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

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

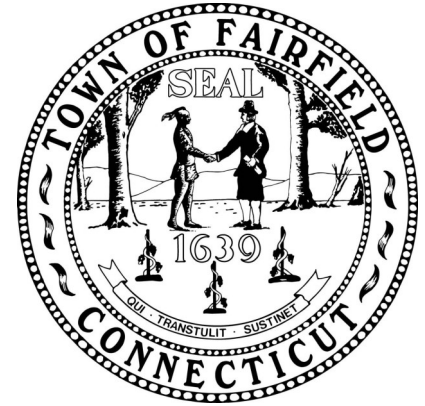
Social Services Coordinator: Alison Witherbee, awitherbee@fairfieldct.org

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

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

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

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



Connecticut Energy Assistance Program (CEAP)

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

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

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

Transportation Information

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

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

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

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

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

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

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

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Bigelow Center Friday Movies

No Registration Required

March 6—Downton Abby, The Movie: A continuation of the beloved television series, focuses on the Crawley family and their staff preparing for a royal visit by King George V and Queen Mary in 1927. The plot involves high-stakes drama, including a royal assassination attempt, the challenges of hosting royalty, and various romantic intrigues and scandals that threaten the future of the estate. 2h 1m

March 13—Maestro: Maestro is a biographical film about the complex life and career of legendary American composer and conductor Leonard Bernstein, focusing primarily on his tumultuous, decades-long relationship with his wife, actress Felicia Montealegre, as they navigate his immense fame, artistic genius, and bisexuality/homosexuality. The movie chronicles Bernstein's rise, from his iconic Carnegie Hall debut to his later years, intertwining his public triumphs with the intimate, complicated dynamics of his marriage, exploring themes of love, sacrifice, and identity. 2h 9m

March 20—Eleanor the Great: 2025 comedy-drama directed by Scarlett Johansson, starring June Squibb as a 94-year-old woman who moves to New York after her best friend's death. Struggling with grief, she falsely claims her friend's Holocaust survivor story as her own, sparking a poignant, humorous, and deceitful journey of self-discovery. 1h 38m

March 27—Wicked: Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths. 2h 41m. We'll play this one on the big screen!

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



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SUNDAY, MAY 31, 2026

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



CULINARY INSTITUTE OF AMERICA EXPERIENCE

WEDNESDAY, JUNE 24, 2026

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

Please note: Membership is required to participate in Senior Center trips with tour companies. Registration and payment must be completed online at myactivecenter.com. Trips require a minimum number of participants to run — if a trip doesn't meet the threshold, you'll be notified and refunded 30 days prior to departure. Registration through MyActiveCenter.com.

Aging In Place Resource Fair

Thursday, April 23

5:00 PM - 7:00 PM

Bigelow Center For Senior Activities
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Fairfield, CT

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For More Information

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Email: agefriendlyfairfield@fairfieldct.org