BIGELOW CENTER

DECEMBER 2026 NEWSLETTER

ANNUAL HOLIDAY POLICE LUNCHEON



A welcome Holiday tradition. Our members will be treated to a very special luncheon, thanks to the Fairfield Police Union. In this season of giving, we express our heartfelt gratitude to the brave men and women of the Fairfield Police Department for their unwavering dedication to keeping our community safe each and every day. A date has not been finalized but will be shared as soon as we have it. Please bring a new and unwrapped toy for the Police Union Annual Toy Drive.(NO stuffed animals please.) Please check the weekly email updates or contact the office after December 1.

BASKET RAFFLE CELEBRATION MONDAY, DECEMBER 14 1:00 - 2:30



Get into the holiday spirit with our festive Basket Raffle Celebration. Join us for holiday cookies, punch, and the excitement of our raffle drawing with Cindi Bigelow. We're thrilled to continue this beloved tradition, made possible by the generosity of our member groups, donors, and senior providers. Stop by the Center to browse the beautiful baskets on display from Monday, December 7 through Monday, December 14, for a chance to win something special! Raffle tickets may be purchased at the front desk for $1 per ticket, or $5 for six tickets.

HOLIDAY BIGELOW LUNCH FRIDAY, DECEMBER 11 AT 12:00 WITH HARMONY ON THE SOUND PERFORMING AT 12:30



A special holiday lunch prepared by our new caterer, Young at Heart. After a delicious meal together (menu on page , sit back and enjoy the festive sounds of Harmony on the Sound, a chapter of Sweet Adelines International. This talented group will delight us with beautiful four-part a cappella harmonies in the barbershop style, featuring a special selection of holiday favorites!

Lunch: Suggested donation of $5–$7, payable at the door. Lunch reservations are required, so please call or stop by the Center to reserve your spot.

Entertainment Only: If you would like to attend the entertainment without joining us for lunch, please register on MyActiveCenter.com or at the Center.

HOLIDAY CRAFT FAIR MONDAY, DECEMBER 7 9:30 - 11:30



We're excited for the return of our Annual Holiday Craft Fair. Stop by to explore the wonderful selection of handmade creations and discover the talent of our members. We're currently inviting members who make handcrafted, artisan, or unique items to participate in the fair. This is a great opportunity to showcase your work and share your creativity. If you'd like to participate, please reserve your space with Brenda by Monday, November 23.

BINGO, BUBBLY AND NEW YEAR CHEER! - WEDNESDAY, DECEMBER 30, 12:45 - 2:00



Celebrate the New Year with a fun-filled game of Bingo at the Center! Enjoy exciting games, chances to win prizes, sparkling cider, and other refreshments. Join friends for an afternoon of laughter, good cheer, and festive fun as we welcome the year ahead.

Register on MyActiveCenter.com or call the Center.

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

ACRYLIC CANVAS HOLIDAY WREATH PAINTING
THURSDAY, DECEMBER 10, 1:00 - 2:30



Get into the holiday spirit with a festive painting class. Create your own beautiful holiday wreath using paint and pine cone designs while enjoying cheerful holiday music. **Fee is $25 per person. All materials are provided.**
Register on MyActiveCenter.comor at the Center.

WINTER ARRANGEMENT WITH RESTORATIVE BLOOMS
THURSDAY, DECEMBER 17, 2:00 - 3:30

Create your own festive and beautiful winter floral arrangement. A fun, creative workshop where you'll design a seasonal centerpiece featuring fresh greens, flowers, and festive blue, white, and red ornaments. Perfect to brighten your home or give as a thoughtful holiday gift.
Fee is $20 per person. All materials included.
Register on MyActiveCenter.com at the Center.

BIGELOW CENTER SINGING GROUP
WEDNESDAY, DECEMBER 2 AND 16
2:00 - 3:00

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. The group will begin singing together, and 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. **Register on MyActiveCenter.com or at the Center.**

MEMORY CAFE AT THE PAVILION

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. See below for registration information.



NEWS FROM BRENDA

The past year has been a wonderful one at the Bigelow Center, filled with memorable experiences, laughter, learning, and new friendships. We are so appreciative of our members who bring such warmth, enthusiasm, and community spirit to everything we do. Your involvement and participation are what make the Center such a special place. As we look forward to 2027, we are excited to continue offering a variety of engaging activities, new programs, and opportunities to connect, learn, and enjoy all that the Center has to offer. Thank you for being such an important part of our community, and we look forward to another wonderful year together!

As you may know, we are now on social media. Be sure to "follow" and "like" the Bigelow Center for Senior Activities on Facebook and @bigelowctr on Instagram.

Wishing you and your family and friends a joyful holiday season and all the very best for a happy, healthy, and wonderful 2027!

WHATS HAPPENING AT BIGELOW

DECEMBER TRIPS ON THE BIGELOW BUS

Register on MyActiveCenter.com or at the Center.

Blessed Michael McGivney Pilgrimage Center, New Haven—Thursday, December 10.

View the holiday exhibits, including famous crèches, Christmas Tree Festival and Christmas in Africa. Depart the Bigelow Center at 10:30 for an 11:30 - 12:30 tour. The bus will leave around 1:30 and return to the Center by 2:15.



Fairfield Warde High School Carillon Concert

Date availalbe on 12/1

A wonderful concert to ring in the holidays with the Warde High School music students for their annual Carillon Concert. Full details will be available once we have the information. You may drive on your own but must register with the Center to redeem your concert ticket.

ESSENTIAL OIL WORKSHOP

WEDNESDAY, DECEMBER 9 FROM 1:00 - 2:00



Join Qigong instructor Julie Moffat for a hands-on, interactive workshop where you'll create your own essential oil roller ball for massage and acupressure. Participants will choose from a variety of essential oils—including lemon, lavender, blood orange, rosemary, geranium, peppermint, and clove—blended in an organic fractionated coconut oil base. Your custom massage oil will be stored in a convenient glass bottle with a stainless steel roller ball for easy application. Julie will guide us through a practical session using acupressure techniques to help support relaxation, sleep, energy, and overall well-being.

Fee: $10 (all supplies included). Space is limited.
Register on MyActiveCenter.com or at the Center.

TECH TUESDAYS AT THE CENTER

DECEMBER 1, 8, 15, 2:00 - 4:00



Need help with your phone, tablet, laptop, or other technology? Stop by the Center on Tuesdays and volunteers, Gail and Gary Felberbaurm, will help. Whether you have questions about your device, email, apps, or other technology, they are here to help.

No registration is required—just stop by the Cener.



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WHAT'S HAPPENING AT BIGELOW

INTERMEDIATE SPANISH CLASS



WEDNESDAYS, 11:00 - 12:00

DECEMBER 2 - FEBRUARY 24 (11 CLASSES)

Continue building your Spanish skills in this interactive class designed for those with basic knowledge of the language. Instructor Luz Rincon will focus on expanding vocabulary, improving skills, and strengthening grammar through practical exercises and group activities. Some prior Spanish experience recommended.

Fee for the Session: $110. Register and pay on MyActivCenter.com or at the Center.

INTERMEDIATE UKULELE LESSONS



THURSDAYS, 11:00 - 12:00

DECEMBER 3 - FEBRUARY 25 (11 CLASSES)

Keep your Ukulele skills growing with instructor Steve Forlano of The CUkes. This fun and supportive class welcomes intermediate players to learn new techniques, and enjoy making music together. Must bring your own Ukulele.

Fee for the session: $60. Register and pay on MyActiveCenter.com or at the Center.

MONDAY DOCUMENTARIES ARE BACK!

We are back! Our documentary film screenings are officially returning. Join us each week as we dive into powerful stories, eye-opening perspectives, and thought-provoking real-life cinema.

MONDAY, DECEMBER 7

14 Peaks: Nothing Is Impossible 1h 41m

Netflix documentary directed by Torquil Jones that follows Nepalese mountaineer Nirmal "Nimsdai" Purja MBE as he attempts to summit all 14 of the world's 8,000-meter "death zone" peaks in under seven months.

MONDAY, DECEMBER 14

Titan: The OceanGate Disaster 1h 51m

Explore the tragic story of the OceanGate Titan submersible, which imploded during a 2023 expedition to the Titanic wreck.

MONDAY, DECEMBER 21

Unknown: Cosmic Time Machine 1h 51m

Follows a team of engineers and scientists in an ambitious mission to launch the James Webb Space Telescope and take the next giant leap in the understanding of the universe.

MONDAY, DECEMBER 28 Will & Harper 1h 51m

A heartfelt documentary following comedian Will Ferrell and his longtime friend Harper Steele on a 17-day road trip across America.

COMING IN JANUARY

More information will be in January newsletter

BEGINNER FRENCH LESSONS

PARIS for seniors

Mondays, 2:00 - 3:00

France native and language instructor, Sylvie Lobsenz, offers unique beginner French lessons where you not only learn the language but you will also explore French architecture, cultural events, art, music, literature, cuisine and traditions.

Classes are fun, interesting and highly interactive and focusing on conversation. The six-week session will begin mid-January and more details, including registration information, will be in the January Newsletter.

BLACK AND WHITE SHADING ART CLASS WITH RENU VORA

Black and white shading uses value—the spectrum from pure white to deep black, to give flat shapes volume, depth, and the illusion of form. Learn basic techniques of shading and examine how light arrives and where it reflects. A fabulous new art class!

IMPROV CLASS

Improv is the art of acting in the moment and saying "yes!" to whatever comes next. Participants will learn the basics of improv through ensemble exercises, games, storytelling and improvisations. All of these activities will help to develop the 5 C's: creativity, critical thinking, confidence, collaboration and communication. This can help to boost brain connectivity and reduce social anxiety and stress. Instructor Tori Lawlor, studied Improv at Upright Citizens Brigade in NYC and has an extensive acting background.

BLOOD PRESSURE CLINIC

Monday, December 7

9:30AM - 11:30AM

No Registration Required

Sponsored by Neil Anad at ComForCare



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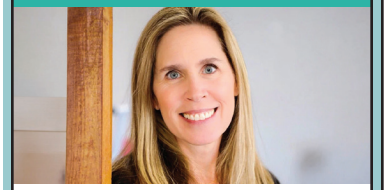

Dr. Katey Dell Goldberger, PT, DPT

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LIFELONG LEARNER WINTER SESSION

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 MyActiveCenter.com or register and pay in person at the Center.

Detailed Course and Instructor Descriptions are in the Winter Brochure. Copies available at the Center and on our website.

ONE-TIME CLASSES ($15 EACH CLASS)

GREAT HOAXES by Dave Shafer
Monday, January 11, 10:00 to Noon

Did Marco Polo actually ever go to China about 1285 or even leave his house? The jury is still out. How did P.T. Barnum (local boy makes good) make his own profitable hoax about the Cardiff Giant hoax? Discover the answer to these and other great hoaxes!

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

HIGHLIGHTS OF JAPANESE ART by Dr. Ive Covaci
Tuesday, January 12, 1:00 to 3:00

Explore eight remarkable works of Japanese art spanning over 10,000 years, from ancient pottery to contemporary art. Discover the artists, materials, styles, and stories behind these works while gaining an appreciation for Japan's rich artistic traditions and craftsmanship.

Instructor: Japanese art specialist who has taught Asian art history at Fairfield University since 2010 and holds a PhD from Yale University.

MIDTERM ELECTION REVIEW by Harvey Heyman
Thursday, January 14, 10:00 to Noon

This course will present an analysis of the US 2026 Midterm Elections.

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

ISABELLA STEWART GARDNER MUSEUM by Dr. Marcie Slepian -
Thursday, January 14, 1:00 to 3:00

Isabella Stewart Gardner envisioned an intimate experience of great art. Inspired by her travels throughout Europe and Asia, she collected masterpieces by artists such as Titian, Velázquez, Whistler, and Sargent, many of whom she knew personally. She built a Venetian-style palazzo in Boston to display her collection, complemented by a beautiful courtyard garden. A passionate and knowledgeable collector, she understood the deep emotional power of art.

Instructor: PhD in Art History from Yale University and specializes in Italian Renaissance and Baroque art.

AFRICAN AMERICAN HUMOR PART II by Dr. Benjamin Schwartz
Friday, January 15, 10:00 to Noon

This class will build on African American Humor Part I (offered in September 2026), adding new scholarship, theories, and hilarious examples to our already-rich discussion. Participation in Part I is not a prerequisite for enrollment in Part II—all levels of knowledge and interest are welcome.

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

MULTI-CLASS SESSIONS ($30 PER SESSION)

THE MEDIA LANDSCAPE: ITS HISTORY AND ITS FUTURE by Dr. Jonathan Silverman
Thursdays, January 21 and 28, 1:00 to 3:00

Dr. Silverman explores the evolution and future of journalism, focusing on major changes over the past 50 years, particularly the last decade. He will discuss the importance of objectivity, balance, and transparency and how they operate in journalism today. The program will also examine reasons to be optimistic about the future of journalism, as well as the challenges and concerns ahead.

Instructor: Professor and Chair of English at UMass Lowell and Director of American Studies and Sports Studies. He is an accomplished author, editor, and co-author of several books and served as a Fulbright Roving Scholar in Norway (2007–2008).

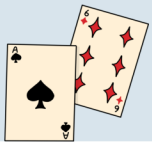
AI FOR EVERYDAY LIFE by Dr. John Varghese
Mondays, January 25 and February 1 and 8, 1:00 to 3:00

Learn how to use artificial intelligence in practical, everyday ways. This interactive course includes live demonstrations of tools such as ChatGPT, tips for asking better questions, and examples for research, writing, planning, travel, hobbies, and problem-solving.

Instructor: Physicist, technologist, speaker, and educator with a passion for making complex ideas accessible and engaging. He has a background in scientific research and extensive experience leading technology initiatives for financial institutions.

BIGELOW CENTER ACTIVITIES

NO REGISTRATION REQUIRED - ALL MEMBERS WELCOME



BRIDGE

TUESDAYS AT 10:00
THURSDAYS AT 1:00



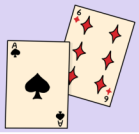
BILLIARDS

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, DECEMBER 29 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, DECEMBER 16 AT 10:00



BACKGAMMON

MONDAYS AT 1:00



SINGING GROUP

WEDNESDAY, NOVEMBER 2 & 16 AT 2:00

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

CLASSIC NOVELLA BOOK GROUP

WEDNESDAY, DECEMBER 2
FROM 1:00- 2:00

This monthly book group reads and discusses short classic novels (novellas). This month's novella is Tom Sawyer Abroad by Mark Twain

SCRIPTS IN HAND

WEDNESDAY, DECEMBER 16
FROM 1:00 - 2:30

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, DECEMBER 16
FROM 11:00 - 12:00

The Bigelow Center monrhly Book Club meets the third Wednesday of the month. December book is: Eight Perfect Murders by Peter Swanson

DECEMBER EXERCISE CLASSES, PICKLEBALL & SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COFFEE & TEA SHOP OPEN DAILY 9:30-12:00 	9:00 Walking Class 10:15 Exercise w/Nancy 11:30 Pickleball 12:30 Writer's Workshop 1:30 Pickleball 2:00 Tech Help **1**	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 11:00 Qigong 11:00 Spanish NO Let's Talk 12:00 LUNCH 1:00 Short Novel Group 2:00 Singing Group **2**	9:00 Chair Yoga 9:00 Weight Training 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi. 1:30 Pickleball **3**	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming HAPPY HANUKKAH **4**
9:00 Chair Yoga 9:00 Weight Training 9:30-11:30 Blood Pressure Screening 9:30 - 11:30 Craft Fair 10:00 Zumba 11:00 Body Balance 12:00 LUNCH 12:45 Documentary 1:00 Tai Chi **7**	9:00 Walking Class 10:15 Exercise w/Nancy 11:30 Pickleball 12:30 Writer's Workshop 1:30 Pickleball 2:00 Tech Help **8**	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 11:00 Qigong 11:00 Spanish 11:00 Let's Talk 12:00 LUNCH 1:00 Essential Oil Workshop **9**	9:00 Chair Yoga 9:00 Weight Training 10:00 Blessed McGivney Trip 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Acrylic Canvas Holiday Painting 1:00 Tai Chi 1:30 Pickleball **10**	10:00 Posture Strong 11:00 Body Balance 12:00 HOLIDAY LUNCH 12:45 Movie 12:30 Harmony on the Sound Singing Group 1:00 Cardio Drumming **11**
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 LUNCH 12:45 Documentary 1:00 Tai Chi 1:00 Holiday Basket Raffle with Cindi Bigelow **14**	9:00 Walking Class 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Bingo 12:30 Writer's Workshop 1:30 Pickleball 2:00 Tech Help **15**	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 2:00 Singing Group **16**	9:00 Chair Yoga 9:00 Weight Training 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:30 Pickleball 2:00 Winter Arrangement Activity **17**	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming **18**
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:45 Documentary 1:00 Tai Chi **21**	9:00 Walking Class 10:15 Exercise with Nancy 11:30 Pickleball 1:30 Pickleball **22**	NO Exercise Classes 10:00 Canasta NO Spanish NO Let's Talk 12:00 LUNCH NO Afternoon Activities **23**	NO Exercise Classes 9:30 - 11:00 Coffee Shop 9:30 Wood Shop, Billiards, Ping Pong NO Ukulele **24**	Merry Christmas Closed **25**
NO Exercise Classes 9:30 - 11:00 Coffee Shop 9:30 Hook & Needle 9:30 Wood Shop, Billiards 9:30-12:00 Ping Pong 12:00 LUNCH 12:30 Mah Jongg, Scrabble 1:00 Pinochle, Rummikub 12:45 Documentary **28**	NO Exercise Classes & PB 9:30 - 11:00 Coffee Shop 9:30 Wood Shop, Billiards, Ping Pong 10:00 Bridge 1:00 Bunco **29**	NO Exercise Classes 9:30 - 11:00 Coffee Shop 9:30 Wood Shop, Billiards, Ping Pong 10:00 Canasta NO Spanish 12:00 LUNCH 12:45 New Year's Bingo 1:00 Chess **30**	NO Exercise Classes & PB 9:30 - 11:00 Coffee Shop 9:30 Wood Shop, Billiards, Ping Pong NO Ukulele NO Afternoon Activities **31**	Happy New Year Closed **1**

BIGELOW CAFE MENU DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Educational Nutritio Program 12/4 at 11:00 "Food First" is the nutritional advice to ensure that one eats a balanced diet to provide the body with the 13 essential vitamins it requires for proper functioning. Learn about the 13 essential vitamins and the pros and cons and cautions of taking vitamins and other supplements.		**Meatloaf Dinner** Meatloaf Gravy Mashed Potatoes Peas Salad **2**	**3**	**11:00 Educational Nutrition Program** **Griled Chicken Caesar Salad** Chicken Breast Lettuce Caesar Dressing /Croutons Minestrone Soup **4**
Roasted Chicken Thighs Roasted Chicken Thighs Egg Noodle Green Beans Beet Onion Salad **7**	**8**	**Lasagna** Ground Beef, Noodles, Sauce, Ricotta Broccoli Salad **9**	**10**	**Holiday Luncheon** **Baked Stuffed Shrimp** Baked Potato Broccoli, Salad Cake **11**
Manicotti Meatballs Manicotti and Meatballs Sauce, Cheese Broccoli Salad **14**	**15**	**Chicken Salad Plate** Chisken Salad Veg Pasta Salad Lentil Soup **16**	**17**	**Taco Salad** Ground Beef Lettuce/Tomato/ Onion Olives, Sour Cream Black Beans, Cheese **18**
Tuscan Chicken Chicken Thighs Spinach Tomatoes, Cream Salad **21**	**22**	**Grilled Chicken Sandwich** Chicken Breast, Lettuce/ Tomato Coleslaw Pasta Fagioli **23**	**24**	 **25**
Pork Loin Pork Loin , Gravy Sweet Potato Green Beans Salad Applesauce **28**	**29**	**Cocktail Party** Assorted Mini Sandwich Ham, Egg, Chicken Salad Antipasto Salad Spinach Quiche Hors D'Oeuvre Cake **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. **Sandwich Option: Grilled Chicken Sandwich**	

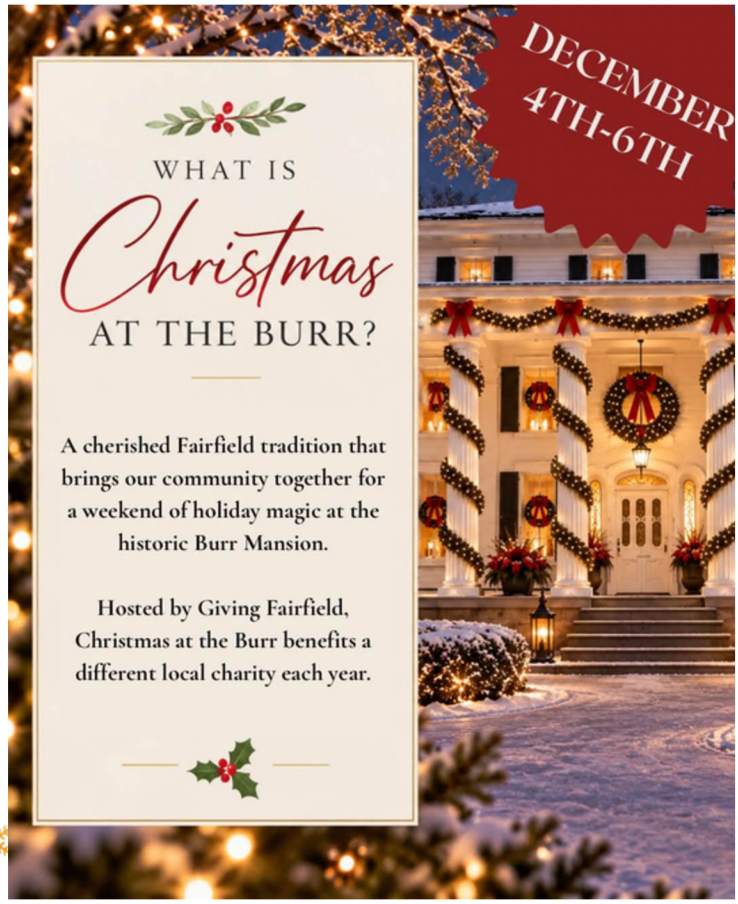
The Bigelow Center is pleased to offer lunch on Mondays, Wednesdays, and Fridays at 12:00PM. Enjoy a freshly prepared meal in a relaxed, welcoming setting while catching up with friends and meeting new people. We hope lunch becomes another enjoyable part of your week at the Bigelow Center. **Reserve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

UPCOMING HOLIDAY EVENTS AND ACTIVITIES





FTC MIDDAY MATINEE PRESENTS:

HOLIDAY IN THE WAREHOUSE

FEATURING: **MAUREEN HAMILL, MARY RICHARD, KERRY LAMBERT & DAVID HARRIS**

WED 12/9 | 1PM | in The Warehouse



THURSDAY, DECEMBER 3, 2026
9:00 AM – 5:30 PM
DEPARTS FROM THE BIGELOW CENTER
$133 PER PERSON

No Registration Required

BIGELOW MOVIES - FRIDAYS AT 12:45PM

80 for Brady

FRIDAY, DECEMBER 4
1H 38 MIN

Inspired by a true story, this fun sports comedy follows four lifelong friends who travel to the Super Bowl to watch their favorite quarterback, Tom Brady, play. Starring Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field, this heartwarming film celebrates friendship, adventure, and living life to the fullest at any age!

Meet Me in St. Louis

FRIDAY, DECEMBER 11
1H 38 MIN

Meet Me in St. Louis (1942) is both a musical classic and a heart-warming love story that can brighten up any winter day. Judy Garland stars as one of four sisters living with their parents in St. Louis right before the 1904 World's Fair, and sings a number of songs seniors in assisted living communities are sure to recognize.

Home Alone 2 lost in New York

FRIDAY, DECEMBER 18

Kevin McCallister is back for another hilarious holiday adventure! This time, Kevin accidentally ends up in New York City, where he enjoys the sights and excitement of the big city—until he discovers that two familiar burglars are planning a robbery. With clever tricks and plenty of laughs, Kevin must outsmart them once again!

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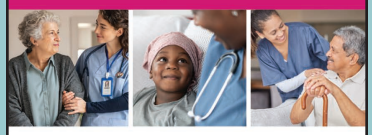

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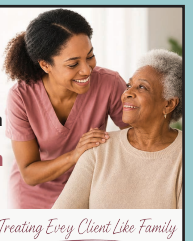

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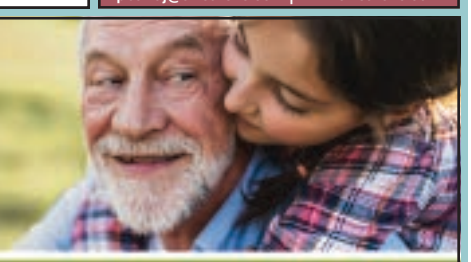

Home Health & Hospice Agency / RVNAhealth.org / 203.438.5555

FAIRFIELS SOCIAL SERVICES HOLIDAY GIVING PROGRAM NEIGHBORS HELPING NEIGHBORS

Holiday Giving & Year-Round Support
Neighbors Helping Neighbors

Fairfield Social Services Holiday Giving Program has begun. With the rising cost of groceries, household essentials, and home heating, many Fairfield residents are facing difficult financial choices. These challenges extend beyond the holiday season, and FSS remains committed to helping neighbors access assistance throughout the year.

Gift cards are an especially meaningful way to help, allowing residents to purchase the items they need most while maintaining choice and dignity.

Donations of gift cards to Stop & Shop, ShopRite, Walmart, Amazon, and Target are greatly appreciated. Every contribution, no matter the size, helps remind a neighbor that they are not alone and that their community cares. Online donations can be made through Fairfield Social Services to support the Holiday Giving Program and year-round assistance efforts. Gift cards and checks payable to Fairfield Social Services may be mailed or dropped off at:

Bigelow Center for Senior Activities/ Fairfield Social Services
100 Mona Terrace, Fairfield, CT 06824.

Together, we can make the holidays brighter and help Fairfield residents feel supported in every season. For more information about donations, programs, or services, please contact Fairfield Social Services, 203-256-3170.

FAIRFIELD WELCOMES NEW MUNICIPAL VETERANS REPRESENTATIVE



The Town of Fairfield is pleased to welcome Mac Cooney as its new Municipal Veterans Representative. A U.S. Army Veteran and longtime Fairfield resident, Cooney will serve as a liaison between local Veterans, the Town, and state and federal Veterans service agencies. He will help connect Veterans with resources related to benefits, employment opportunities, education, vocational training, rehabilitation, and other forms of assistance. Mac's office is located within the Fairfield Community Services Department at 75 Mill Plain Road, offering a convenient location for Veterans and their families to seek guidance and support. He brings both military experience and a strong commitment to the community, currently serving as Senior Vice Commander of American Legion Post 143, the Lt. Owen Fish Memorial Post in Fairfield. Veterans and their families are encouraged to reach out to learn more about available resources and assistance. His appointment reflects the Town's ongoing commitment to honoring those who have served and ensuring they have access to the support and services they have earned.

RESOURCES

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/.

Safe Return Network

The Safe Return Network is a computer database developed to assist in locating community members.
Go to fpdct.com/safereturn.

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.

WHEEL IT FORWARD

A community library that lends out and accepts donations of durable medical equipment including wheelchairs, toilets, walkers, hospital beds, shower chairs, etc. Call the Wheel It Forward office at (203) 652-8600.

VETERANS COFFEE HOUSE
DECEMBER 15, 2025 AT 9:00
PENFIELD PAVILION



The Veterans Coffee House is a monthly event 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 - 12:00. All veterans welcome—any branch, era, or discharge status. Join us—we'd be honored to have you.

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.

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. All are welcome.

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.

This 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).

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 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 10:00 - 1:30

DIAL-A-RIDE



Dial-A-Ride supplements the town-provided Senior Transportation. To enroll. 203-256-3170.

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.

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@faifieldct.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

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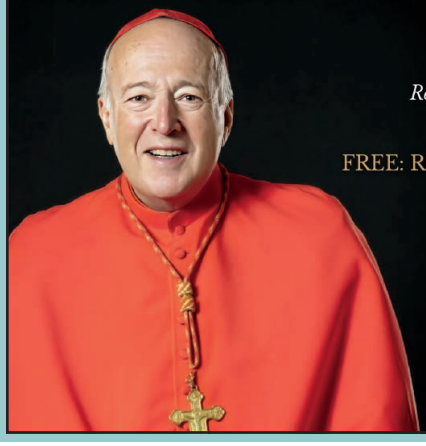

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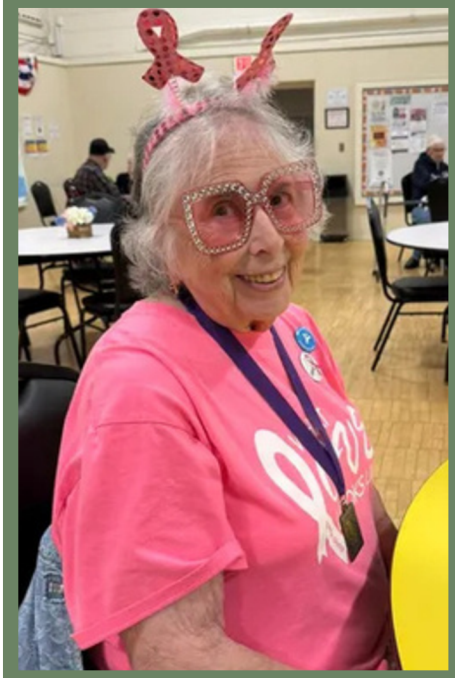









IN CASE OF INCLEMENT WEATHER

In case of inclement weather the Bigelow Center Closings and Delays are publicized on TV channels 12, 8, 6 and 3; on WICC radio; and on the CT Post and Fairfield Citizen websites. There will also be a message on the Center answering machine and on our Facebook page.

If Fairfield Public Schools have a delayed opening, the Center will open at 10:00. Any activities scheduled prior to 10:00 are cancelled. Bus service will also be delayed until 10:00. If schools are closed due to inclement weather, all Bigelow Center activities/classes/transportation/lunches are cancelled and the Senior Center will be closed.

We value the safety and well-being of our members, therefore, if there is inclement weather, please call the Center and confirm that we are open before leaving home.