



BIGELOW CENTER

JULY 2026 NEWSLETTER

MEMBERSHIP RENEWAL

FRIENDS OF THE BIGELOW CENTER SUMMER BBQ THURSDAY, JULY 9 AT 12:00pm



Celebrate America's 250th birthday with a festive BBQ filled with good food, great music, and plenty of fun for everyone. Enjoy a delicious lunch, lively games, and wonderful company in a warm, patriotic atmosphere.

Dance and sing along to live music by the Willie and Jan Band, and soak in the red, white, and blue spirit all around. It's a day to come together, celebrate, and make lasting memories. We can't wait to celebrate with you! There will be a basket raffle the day of the BBQ. Ticket sales will begin at the Center the Week of June 30 **Registration opens Wednesday, June 17 on MyActiveCenter.com or in person at the Office.**



July is Membership Renewal Month at the Bigelow Center. All current members must renew annually, even if your information hasn't changed. Membership for Fairfield residents is free. There is a \$25 annual fee for out-of-town members. Ways to Renew:

1. In person at the Center. We accept cash or check for out of town membership renewals.
2. Current members (both in-town and out-of-town) may now renew online at MyActiveCenter.com if you have an account. Just log in, click the **Groups** tab at the top of the page, and select your membership group. Out-of-town members can also pay the \$25 fee directly through the site. However, if your contact information has changed, please renew at the Center with the updated information.
3. Fairfield residents can renew on our website: www.fairfieldct.org/Bigelowcenter.com.



All memberships must be renewed and up-to-date in order to register for fall activities in August. Don't wait—renew today. Please call the Center with questions.

BIGELOW CENTER FIT BIT CHALLENGE!

America's 250th Wellness Challenge - 250 Years, 250,000 Steps! Join Our Six-Week Fitbit Wellness Challenge (July 8 - August 14)

As we celebrate America's 250th anniversary, join us for a six-week wellness challenge designed to help you move more, connect with others, and explore technology in a fun and supportive way.

The Center has 25 Fitbit devices available for participants. To receive a Fitbit, you must commit to participating in the six-week challenge and have a Google account. Register to participate on MyActiveCenter.com or in the office. We'll keep track of our steps and activity, have prizes and more! Participants will receive a more detailed description of the challenge once registered.

We will meet on Wednesday, July 8, 10:00–10:30 a.m. to pick up their Fitbit and learn how to use it. You can track your activity independently and also join one of our group opportunities during the six week challenge:

- Outdoor Fitness Gym (Fridays, 9:30–10:30 a.m. July 10 - August) Enjoy fresh air while using fitness equipment designed for all ability levels. No instructor, work out on your own.
- Bigelow Center Pacers – Mondays at 8:00 a.m. at the gazebo for a group walk on the Center trails.
- How to Live to Be 100 – Attend this inspiring educational documentary series (see page four for more details. Open to all).

Let's celebrate 250 years of America by investing in our own health and well-being—one step at a time.

Upcoming Events & Activities



MARK ALBERTSON TRIAD OF DOCUMENTS

WEDNESDAY, JULY 1 AT 1:00PM

As America approaches the 250th anniversary of the Revolution, this presentation explores a “Triad of Documents” from the Continental Congress: The Articles of Association (1774), the Declaration of the Causes and Necessity of Taking Up Arms (1775), and the Declaration of Independence (1776). While most Americans know the Declaration, few have encountered the earlier documents that laid its foundation. By examining all three together, the presentation offers a deeper understanding of the principles behind American independence.

Register on MyActiveCenter.com or at the Center.

MEET THE DEPARTMENT HEADS THIS MONTH: JULIE DEMARCO, HUMAN AND SOCIAL SERVICES MONDAY, JULY 13 AT 10:00AM



Join Julie DeMarco, Human and Social Services Director, for an informal conversation about the work happening behind the scenes to support Fairfield residents of all ages—from transportation and senior services to youth and family programs, community partnerships, and helping neighbors navigate life's challenges.

Bring your questions, ideas, and curiosity about how we work together to build a more connected and caring community. No registration required. All are welcome.



OPERATION HOPE

BIGELOW CENTER GIVES BACK! MAKING LUNCHES FOR OPERATION HOPE

THURSDAY, JULY 16 AT 1:00PM

We will be providing 50 lunches for Operation Hope. You can help in one of two ways to help:

- Donate items for the lunches by visiting the following SignUpGenius Link:
- Join us at the Bigelow Center on July 16 to assemble lunches

Register to assemble the lunches on MyActiveCenter.com or at the Center.

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RESTORATIVE BLOOMS

WEDNESDAY, JULY 15 AT 11:00AM



Join Restorative Blooms for a summer floral arranging event. Get creative with fresh seasonal blooms and build beautiful arrangements with a relaxed, garden-inspired feel. It's a fun, hands-on way to celebrate summer and bring home something colorful and fresh.

Instructor Susan Falzone will offer guidance and hands on support to ensure everyone feels confident in their creations. Stay for a cup of sun tea and baked goods. All materials provided. Program fee is \$15. *Space is limited. Register on MyActivecenter.com or at the Center.*

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BRAIN GAMES

WEDNESDAY, JULY 15 AT 10:00AM

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



AARP DRIVING COURSE – TUESDAY, JULY 14, 9:15 – 1:15

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.

Upcoming Events & Activities

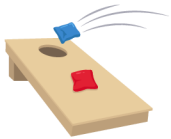
BOCCE AND CORNHOLE THURSDAYS THIS SUMMER



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

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

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



SPECIAL JULY BINGO TUESDAY, JULY 21 AT 12:30PM



This month we are thrilled to have Fire Chief Kyran Dunn and Deputy Fire Chief Pat Barry as our Hosts. We'll have a delicious summer dessert provided by Kerry and Jay Kiley from Synergy Home Care. **Register on MyActiveCenter.com or at the Center.**

SAVE THE DATE

Member Registration for the Fall Session of Classes

Friday, August 14 at 9:00 for Fairfield Residents

Monday, August 17 at 9:00 for Out of Town Members

You must have your membership renewed for the 2026-2027 year or you will not be able to register for classes. You may not update your membership the day of registration.



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Health and Wellness Programs



UNDERSTANDING PARKINSON'S DISEASE

Wednesday JULY 29 AT 1:00pm

Join us for a discussion on Parkinson's Disease. Learn about what we know about the disease, treatments and programs available to help live life to the fullest. Gain practical insights, helpful resources, and strategies to support individuals living with Parkinson's and their care partners.

Sponsored by Waveny Visiting Nurse and Hospice.

Register on MyActiveCenter.com or at the Center.

THE PATH TO LONGEVITY

Live to 100: Secrets of the Blue Zones follows explorer Dan Buettner on a 20-year journey to study five global communities where people live the longest, healthiest lives. It reveals that extreme longevity is driven by environment, everyday habits, and lifestyle rather than genetics. The series explores these unique micro-communities, each boasting a high concentration of centenarians (people who live to 100 or beyond)

- Okinawa, Japan: Home to some of the longest-living women in the world.
- Sardinia, Italy: A mountainous region famous for having the highest concentration of male centenarians.
- Nicoya Peninsula, Costa Rica: Residents here have strong social networks and a deep sense of purpose.
- Ikaria, Greece: An isolated island where residents experience very low rates of dementia and chronic diseases.
- Loma Linda, California, USA: A community of Seventh-day Adventists who largely attribute their longevity to their faith, strong community, and vegetarian diets. **No Registration Required.**

THURSDAY, JULY 23
at 12:45 Two episodes

THURSDAY, JULY 30
at 12:45 Two episodes



BLOOD PRESSURE CLINICS

Monday JULY 13, 9:30-11:30

Monday JULY 27, 9:30-11:30

No Registration Required.



PACERS – BIGELOW CENTER WALKING GROUP

With the nicer weather hopefully here, we invite you to come walk with the Pacers. Our group meets on Mondays at 9:00 AM at the Center (8:00 AM during July and August). On Wednesdays and Thursdays, we explore different destinations. We provide quarterly schedules and will keep you updated via email once you join. Our routes are generally flat, and we meet at 9:00 AM.

Occasionally we walk in the woods. You will know ahead of time once you have a schedule. To join, simply show up to a walk and provide your information to our Administrator, Lynda Kristy, or any other group member. We hope to see you there.

MATTER OF BALANCE CLASSES:

JULY 8 – AUGUST 26, 10:00-12:00

REGISTER WITH HEALTH DEPT. 203-256-3150

DO YOU HAVE CONCERNS ABOUT FALLING?

A MATTER OF BALANCE CLASS

A PROGRAM FOCUSED ON PRACTICAL STRATEGIES TO MANAGE FALLS HOSTED BY THE FAIRFIELD HEALTH DEPARTMENT



JOIN US FOR AN 8-WEEK COURSE AT THE BIGELOW CENTER FOR SENIOR ACTIVITIES.



CLASSES WILL BE HELD ON: WEDNESDAYS FROM 10 AM TO 12 PM, STARTING JULY 8TH



EACH CLASS IS TWO HOURS.



PROGRAM IS FREE BUT REGISTRATION IS REQUIRED AND SPACE IS LIMITED



CALL SANTINA JARONKO AT **203-256-3150** OR

EMAIL sjaronko@fairfieldct.org for more information or to register



YOU WILL LEARN:

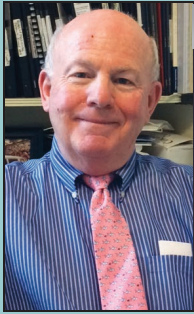
- ✓ View falls as controllable
- ✓ Set goals for increasing activity
- ✓ Make changes to reduce fall risks at home
- ✓ Exercises to increase strength and balance



WHO SHOULD ATTEND:

- ✓ Anyone concerned about falls
- ✓ Anyone interested in improving balance, flexibility, and strength
- ✓ Anyone who has fallen in the past year
- ✓ Anyone who has restricted their activities because of falling concerns





ATTORNEY JAMES M. HUGHES

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06-5012

BIGELOW CENTER ACTIVITIES

NO REGISTRATION REQUIRED - ALL ARE 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



MAH JONGG

MONDAYS AT 12:30
WEDNESDAY AT 12:30



CHESS

WEDNESDAYS AT 1:00



BUNCO

JULY 28 AT 1:00



SCRABBLE

MONDAYS AT 12:30
FRIDAYS AT 12:30



WOOD SHOP

DAILY 9:30—3:00

the perfect place to work on your own projects, share ideas, and connect with others who love to create. Bring your materials, tools, and creativity!



FLYING ACES

WEDNESDAYS AT 1:00

This enthusiastic group of aviation lovers gather to fly their meticulously crafted model planes in the Bigelow Gym. Whether you're a longtime hobbyist or just curious about the world of model aviation, stop by to watch these impressive aircraft soar and chat with the experts behind them.



HOOK & NEEDLE

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

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



PING PONG

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

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

PACERS

STOP BY THE CENTER TO
PICK UP THE SCHEDULE.



Our friendly walking group that stays active all year long! The group walks on Monday from the Center and various places throughout Fairfield on Wednesday and Thursday.



RUMMIKUB

MONDAYS AT 1:00

BIGELOW CENTER BOOK GROUPS

SCRIPTS IN HAND

WEDNESDAY, JULY 15 AT 1:00PM

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

SHORT CLASSIC NOVEL BOOK GROUP

WEDNESDAY JULY 8 AT 1:00PM

This monthly book group reads and discusses short classic novels (novellas) ranging from 70 to 120 pages. This month's choice is:

New Year's Day
by Edith Wharton

SENIOR LITERARY SOCIETY

WEDNESDAY, JULY 15
AT 11:00

All are welcome to join the Bigelow Center Book Club.

July Book:

I Who Have Never Known Men by Jacqueline Harpman
All are welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EXERCISE CLASSES & SPECIAL EVENTS</p>	 <p>Coffee & Tea Shop OPEN DAILY 9:30-12:00</p>	<p>9:00 Yoga 1 9:00 Strength & Balance 10:00 Zumba 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch 1:00 Mark Albertson</p>	<p>9:00 Chair Yoga 2 9:00 Weight Training 9:30 Bocce/Cornhole 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 1:00 Bingocize 1:00 Tai Chi</p>	<p>CLOSED FOR JULY 4TH HOLIDAY</p> 
<p>9:00 Chair Yoga 6 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 1:00 Tai Chi</p> <p>Fit Bit Challenge Begins</p>	<p>9:00 Walking Class 7 10:00 Open Art 10:15 Zumba 11:30 Pickleball 1:00 Bingocize 1:30 Pickleball 2:00 Tech Tuesday</p>	<p>9:00 Yoga 8 9:00 Strength & Balance 10:00 Zumba 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch</p>	<p>9:00 Chair Yoga 9 9:00 Weight Training 9:30 Bocce/Cornhole 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 1:00 Bingocize 1:00 Tai Chi 1:00 Summer BBQ</p>	<p>10 11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 13 9:00 Weight Training 9:30-11:30 Blood Pressure Screening 10:00 Zumba 10:00 Meet Dept. Head Julie Demarco 11:00 Body Balance 12:00 Lunch 1:00 Tai Chi</p>	<p>9:00 Walking Class 14 9:15 AARP Driving Class 10:00 Open Art 10:15 Zumba 11:30 Pickleball 1:00 Bingocize 1:30 Pickleball 2:00 Tech Tuesday</p>	<p>9:00 Yoga 15 9:00 Strength & Balance 10:00 Zumba 10:00 Brain Games 11:00 Let's Talk 11:00 Restorative Blooms 11:00 Qigong 11:00 Spanish 12:00 Lunch</p>	<p>9:00 Chair Yoga 16 9:00 Weight Training 9:30 Bocce/Cornhole 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 1:00 Bingocize 1:00 Tai Chi 1:00 Making Lunches for Operation Hope</p>	<p>17 11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 20 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 1:00 Tai Chi</p>	<p>9:00 Walking Class 21 10:00 Open Art 10:15 Zumba 11:30 Pickleball 12:30 Bingo 1:00 Bingocize 1:30 Pickleball 2:00 Tech Tuesday</p>	<p>9:00 Yoga 22 9:00 Strength & Balance 10:00 Zumba 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch</p>	<p>9:00 Chair Yoga 23 9:00 Weight Training 9:30 Bocce/Cornhole 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 12:45 Live to be 100 Movie 1:00 Bingocize 1:00 Tai Chi</p>	<p>24 11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 27 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</p>	<p>NO Walking Class 28 10:00 Open Art 10:15 Zumba 11:30 Pickleball 1:00 Bingocize 1:30 Pickleball 2:00 Tech Tuesday</p>	<p>9:00 Yoga 29 9:00 Strength & Balance 10:00 Zumba 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch 1:00 Parkinson's Pres.</p>	<p>9:00 Chair Yoga 30 NO Weight Training 9:30 Bocce/Cornhole 10:15 Zumba 11:00 Ukulele 11:30 Pickleball 12:45 Live to be 100 Movie 1:00 Bingocize 1:00 Tai Chi</p>	<p>31 11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming</p>

Upcoming Events & Activities

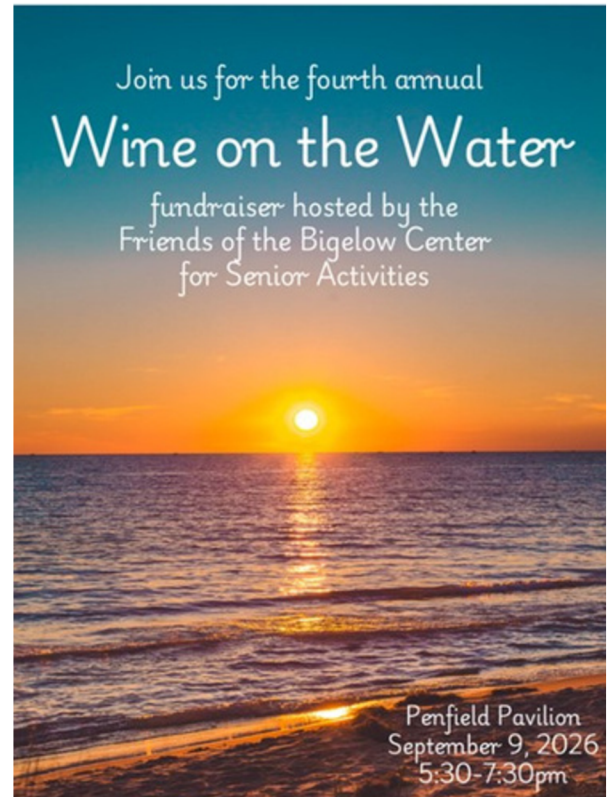


NEWS FROM BRENDA

Our newsletter has a new design! It is a work in progress and we welcome favorable or constructive comments. While we may not be able to make all the changes, your feedback is important. One change to the calendar page is that recurring games and groups are no longer listed there. Since these activities take place on a regular schedule they are now featured on the preceding page for easier reference. The calendar page font is now a larger size.

We've noticed that some members have been arriving 30 minutes or more before a scheduled activity or game and beginning to set up or play before the designated start time. You are always welcome to arrive early and enjoy our café, lobby, or library areas while you wait. However, we ask that you please refrain from entering the assigned activity room to set up or begin play before your scheduled time, especially if another group is still using the space. Thank you for your cooperation and consideration of fellow members.

For those in exercise classes and pickleball, proper foot attire is required—not sandals, flip flops, dress shoes or heels. Sneakers only. As always, please feel free to stop in and say hello!



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



BIGELOW MOVIES - FRIDAYS AT 12:45

Remarkably Bright Creatures

FRIDAY, JULY 10

A heartwarming novel about Tova Sullivan, a widow working at an aquarium, who forms an unlikely connection with a remarkably perceptive octopus named Marcellus. Together, they help uncover long-buried secrets surrounding her son's disappearance, blending mystery, grief, and hope with humor and charm. Starring Sally Field. 1h 51m

Bank of Dave **FRIDAY, JULY 17**

The film follows Dave's underdog mission to help his community. After seeing local businesses struggle to secure funding during the global financial crisis, he decides to open a community bank that lends to local people and donates all profits to local charities. 1h 47m.

Marty, My Life is Short

FRIDAY, JULY 24

A biographical documentary that celebrates the 50-year career and personal resilience of comedy legend Martin Short. 1h 40m.

Going in Style

FRIDAY, JULY 31

A comedy that follows three lifelong friends (Morgan Freeman, Michael Caine, and Alan Arkin) who hatch a plot to rob a bank after their pensions are wrongfully canceled. 1h 36m



No Registration Required

BIGELOW CAFE MENU

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sweet and Sour Meatballs with White Rice Oriental Blend Veggies Wheat Roll Tropical Fruit Cup 1	2	Closed for July 4th  3
Chicken Cranberry Salad Macaroni Salad Broccoli Salad Whole Wheat Bread Brownie 6	7	Vegetable Barley Soup Unsalted Crackers Tuna Salad Ziti Broccoli Salad Cucumber Dill Salad Hot Dog Bun Birthday Cake 8	9	Fish Filet Yellow Rice Cilantro Lime Coleslaw Flour Tortilla Tartar Sauce Watermelon 10
Chicken Bruschetta Bruschetta Sauce Buttered Shells Broccoli Garlic Bread Nilla Wafers 13	14	Cobb Salad with Chicken, Egg, Cheese, Bacon Beets Ranch Dressing White Bread Strawberry Bar 15	16	Chicken Sausage Noodles with Onions and Cabbage Beets Whole Wheat Bread Rice Pudding 17
Pineapple Chicken Stir Fry Egg Fried Rice Asian Blend Veggies Hawaiian Roll Fortune Cookie Mandarin Orange 20	21	Chicken Noodle Soup Unsalted Crackers BBQ Pork Riblet Au Gratin Potatoes Cali Blend Veggies Cornbread Oreos 22	23	Hamburger Steak Fries Spinach Hamburger Bun Cookies 24
Chili White Rice Spinach and Kale Dinner Roll Cookies 27	28	Orange Juice Omelet with Cheese Waffle Spinach Yogurt 29	30	Ground Beef Stroganoff with Egg Noodles Broccoli an Carots Dinner Roll Apple 31

Food Allergy Warning: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Call 203-256-3118 to make a reservation. Please call at

least TWO days in advance. Suggested Donation: \$3:00—\$5:00

Alternate Chef Salad Available. 1% Milk and Whole Grain bread provided daily.

ADA

Americans with Disabilities Act

July is ADA Month: Celebrating 36 Years of Progress and a Bright Future for Fairfield

July marks ADA Month, a time to honor the signing of the Americans with Disabilities Act on July 26, 1990. This landmark legislation broke barriers by prohibiting discrimination against individuals with disabilities in all areas of public life—including employment, education, transportation, and public spaces.

Now, 35 years later, we celebrate the strides made in accessibility, inclusion, and equal opportunity. ADA Month reminds us of the importance of:

- **Raising awareness** about the rights and contributions of people with disabilities
- **Advocating** for continued progress in disability rights
- **Celebrating** achievements within the disability community
- **Promoting accessibility** in all facets of community life

Here in Fairfield, we're proud to take another exciting step forward. Planning is underway for the new Adaptive Recreation Center, a dedicated, inclusive space that will expand recreational opportunities for individuals of all abilities. This forward-thinking initiative reflects our town's commitment to equity, inclusion, and community for all. Stay tuned for updates as this vision becomes a reality—and join us in celebrating ADA Month.

Safe Return Network

If a family member is prone to “wandering” or getting lost, consider registering for a program developed to assist emergency personnel in locating them. Go to fpdct.com/safereturn.



Farmer's Market Coupons

The Senior Farmers' Market Nutrition Program (SFMNP) provides eligible seniors with access to fresh, locally grown fruits, vegetables, herbs, and honey, while also supporting local agriculture by promoting the use of farmers markets, roadside stands, and community-supported agriculture. The 2026 benefit cards can be used at any participating Connecticut farmers' market from June 1 through November 30, 2026.

More information and required forms are available at the Bigelow Center and Social Services.

Questions? Call SWCAA at 203-814-3649.



It's Hurricane Season! Practical Steps to Take To Prepare for a Storm

- **Develop Your Plan** - Plan to Stay or Go
- **Help to Evacuate:** plan who will help you
- **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 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 eyeglasses. Plan for your food needs if you follow a special diet.
- **Get batteries to back-up power dependent devices.**
- **Locate Important Documents**
- **Keep an Up-to-Date List of Medical Information.**



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

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



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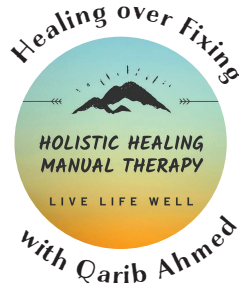


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From scenic river cruises to coastal escapes and a touch of Berkshires elegance, our upcoming adventures offer connection, culture, delicious dining, and unforgettable views. Whether you're cruising the Hudson, exploring Connecticut's shoreline, or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



THIMBLE ISLANDS CRUISE & LUNCH AT AMARANTE'S **WEDNESDAY, AUGUST 26, 2026** **11:00 AM-5:45 PM | DEPARTS FROM THE BIGELOW CENTER** **\$160 PER PERSON | REGISTRATION OPEN THROUGH JULY 22**

Savor the best of Connecticut's shoreline with a day of coastal elegance and scenic discovery. Our outing begins with a delicious waterfront lunch at Amarante's Sea Cliff in New Haven, where stunning harbor views pair beautifully with a thoughtfully prepared meal. After lunch, we'll travel to Branford's picturesque Stony Creek coast to board the Sea Mist for our narrated Thimble Islands cruise. As we glide through the sparkling waters, you'll take in the rocky isles, charming cottages, and grand estates that dot this unique archipelago. Along the way, learn the fascinating history and stories behind these beloved Connecticut landmarks.

It's a relaxed and refreshing late-summer escape filled with coastal charm, delicious dining, and unforgettable views.



THE MOUNT: LIFE & LEISURE IN THE GILDED AGE BERKSHIRES **FRIDAY, SEPTEMBER 25, 2026** **8:30 AM-7:00 PM | DEPARTS FROM THE BIGELOW SENIOR CENTER** **\$162 PER PERSON | REGISTRATION OPEN THROUGH AUGUST 21**

Experience gardens, grandeur, and the beauty of the Berkshires on this elegant fall getaway. Enjoy a guided visit to The Mount, the stunning Lenox home of celebrated author Edith Wharton. Built in 1902 to reflect her refined vision, the estate beautifully showcases her love of architecture, literature, and landscape design. Following our tour, enjoy a relaxed buffet lunch on the terrace overlooking the picturesque grounds.

In the afternoon, explore the charm of the Berkshires on a guided cottages and historical tour through Stockbridge and Lenox, including a walking tour of the scenic grounds at Tanglewood. Discover why this storied region has long been a haven for artists, writers, and cultural tastemakers.

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

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

Let's savor the season and make lasting memories together!

Transportation Information

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

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

Call the transportation office at 203-256-3168.

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

SENIOR TRANSPORTATION:

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

TRANSPORTATION GUIDELINES FOR GROCERY SHOPPERS:

Reservations must be made at least one week in advance; Please cancel your ride if you are feeling sick or have a fever; Limit three (3) grocery bags per rider. Drivers may not exit the bus to carry or to load groceries on or off the bus.

MEDICAL APPOINTMENTS:

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

DIAL-A-RIDE

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



CT Veterans Office of Advocacy and Assistance

The Office Assistant at the CT Veterans Office of Advocacy and Assistance, are here to support you at the Bigelow Center. Stop in for assistance with a wide range of services, including help with accessing VA benefits, disability claims, pension programs, healthcare services, and educational assistance. Whether you're seeking guidance on navigating the VA system or help accessing other vital resources, they are dedicated to ensuring veterans receive the care and benefits they deserve. Walk-ins are always welcome, but appointments are encouraged. **To schedule, please call 203-418-2005.**

HUMAN AND SOCIAL SERVICES DEPARTMENT INFORMATION

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

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

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

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

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

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

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

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

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

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

Program Assistant: Olga Kowal, okowal@fairfieldct.org

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

Receptionist: Nora Cooper, seniorreception@fairfieldct.org



Vulnerable Resident Outreach Registry

Fairfield Social Services maintains the Vulnerable Resident Outreach Registry to support residents facing health or mobility challenges who may need assistance during emergencies. The registry prioritizes individuals aged 65+, those who are homebound, or those with disabilities.

This is a self-referral program, for residents with significant mobility issues, vision or hearing impairments, developmental or cognitive disabilities, mental health conditions, or those who rely on life-sustaining equipment 24-hour support.

Interested residents may call Fairfield Social Services at 203-256-3170 or visit our website: Vulnerable Resident Outreach Registry.docx

Please note: Registration does not guarantee priority or immediate service during emergencies. Program is not a "Friendly Caller" service.

CHOICES Medicare Counseling

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

Our services include detailed explanations of Medicare coverage and related health insurance options, and enrollment support. If you need help understanding your benefits or navigating the enrollment process, call 203-256-3166 for an appointment

Medicare Savings Program

For more information or to schedule an appointment with a Social Worker, please contact Social Services. The Medicare Savings Program (MSP) assists with covering some or all of Medicare's cost-sharing expenses, including premiums, co-payments, and deductibles.

Caregivers Support Group

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

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

University of Bridgeport Fones School of Dental Hygiene

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



VETERANS RESOURCES

Connecticut Department of Veterans 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. Call for appointment 203-418-2005.

Veterans and Service Members 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 to automatically apply these benefits to all eligible loans. For information, call your lender.

Veterans reimbursement for travel: Assistance 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, patient services offices at many VA hospital or local clinics.

Veterans/Military Exemptions: Combat-era veterans or their survivors with the Town Clerk may be eligible for an assessment exemption on their dwelling or vehicle. Questions about tax exemptions? Call Tax Assessor office at 203-256-3110.

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JULY

Trolley Museum and Cracker Barrel

8:30-2:30 | THURSDAY, JULY 16

Tour the Trolley Museum (\$12 per person for tour) and head to Cracker Barrel for shopping and lunch on your own. *Reserve by July 9.*

Ferris Acres Farm, Newtown, CT

12:30-2:30 | THURSDAY, JULY 23

Trip to Ferris Acres Farm, Newtown, CT—Bigelow Bus. Payment for ice cream on your own. *Reserve by July 16.*

Jennings Beach, Fairfield, CT

11:30-1:30 | THURSDAY, JULY 30

Enjoy one of Fairfield's beautiful beaches. Lunch on your own at the beach Snack stand. *Reserve by July 23.*

AUGUST

Crazy for You Play

9:45-5:30 | THURSDAY, AUGUST 6

Crazy for You play at Goodspeed and Lunch at Gelston House GBT Bus.

Play tickets and lunch \$96 per person.

Register and pay on MyActiveCenter.com.

Port Jefferson, Long Island

8:30-3:45 | THURSDAY, AUGUST 13

Tickets approx. \$25pp (more details as it gets closer) - Bigelow Bus to the Ferry.

Reserve by July 30.

Lunch at Boca, Bridgeport, CT

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

Lunch at Boca on the water in Bridgeport. Bigelow Bus. Lunch on your own.

Reserve by August 13.

LET'S GO

ADVENTURE



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