



BIGELOW CENTER

OCTOBER 2026 NEWSLETTER

THE BIGELOW CENTER CAFÉ LUNCH BEGINS ON FRIDAY, OCTOBER 23 AT 12:00



We're excited to welcome New England Young at Heart as our new lunch provider beginning Friday, October 23. A favorite at the Trumbull Senior Center, NE Young at Heart is known for fresh, delicious meals, and we're looking forward to bringing their menu to Bigelow Center. Same Schedule. New & Improved Meals. Lunch will continue to be served Mondays, Wednesdays & Fridays at Noon.

The suggested donation will be \$5–\$7 per lunch. Our goal is to make sure everyone can enjoy a healthy, delicious meal and good company. If the suggested donation is a financial concern, please speak with Brenda or Julie. We're happy to work with you—no one should miss lunch because of financial concerns.

We can't wait to share great food, good company, and a fresh new chapter with you. (Please see page 10 for the menu and reservation information.)

THURSDAY EVENINGS AT THE BIGELOW CENTER

We continue this month hosting entertaining evenings with a light dinner. Suggested donation of \$5 per event. Register and pay on MyActiveCenter.com or at the Center.

October 1 - Movie Night: 9 to 5. A hilarious classic comedy starring Jane Fonda, Lily Tomlin, and Dolly Parton. Full of humor, friendship, and unforgettable moments!

October 8 - Jukebox Bingo: Aaron from PrymeTime Entertainment will be playing some oldies but goodies along with our favorite game. Generously sponsored Stratford VNA and Care Connection.

October 15 - Dinner and the Saxophone

David Inman is back with his saxophone, featuring hits from Glenn Miller, Elvis, Frank Sinatra and the gang. Love songs, and patriotic tunes that will take you down memory lane. Generously Sponsored by Synergy Home Care and LCB Senior Living.



October 22 - Planning for the Future: Legal and Health Care Documents, with Fairfield Probate Judge Kathy Caulfield.

Topics such as Powers of Attorney, Conservatorship, and other probate-related issues will be discussed. She will be joined by Theresa Wojnowski, Registered Nurse at Visiting Nurse and Hospice of Fairfield County who shares her perspective on the importance of advance care planning documents.

October 29 - Bunco Night: A fun, fast-paced dice game that's easy to learn and perfect for groups. Sponsored by ComForCare, Sunrise and National Healthcare.



PINK PLEDGE BINGO FUNDRAISER TUESDAY, OCTOBER 20 FROM 12:30 – 1:30

One of our favorite activities supporting a great cause. Each year the Town of Fairfield sponsors various events to support the community-wide awareness and fundraising campaign to benefit Norma Pfriem Breast Center. This year we welcome Norma Pfriem volunteers for Bingo and it's sure to be a great day. Not able to play but interested in donating on behalf of the Bigelow Center? Feel free to drop off a donation to the office--cash or checks payable to Norma Pfriem Breast Center.

Register on MyActiveCenter.com or at 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 AND ACTIVITIES

MEET FAIRFIELD'S PROBATE JUDGE KATHY CAULFIELD

MONDAY, OCTOBER 19

FROM 10:00 – 11:00

Probate doesn't have to be intimidating. Bring your questions and join us for a discussion with Fairfield's Probate Judge Kathy Caulfield. She will cover topics such as Powers of Attorney, Conservatorship, and other probate-related issues.

Kathy will be joined by Theresa Wojnowski, Registered Nurse at Visiting Nurse and Hospice of Fairfield County, who will provide helpful information about the important steps and preparations to consider toward the end of life, including what should be in place before hospice care begins.

Register on MyActiveCenter.com or at the Center.

MARK ALBERTSON PRESENTS:

THE TURTLE, AMERICA'S

REVOLUTIONARY WAR SUBMARINE

WEDNESDAY, OCTOBER 7 FROM 1:00 – 2:00

Discover the remarkable story of David Bushnell of Saybrook, Connecticut, and his groundbreaking invention, The Turtle, America's first submarine. Learn how this seven-foot-tall, four-and-a-half-foot-wide vessel was powered, how it submerged and surfaced, and how its crew managed to breathe underwater using snorkels.

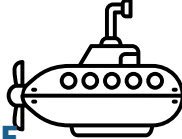
The presentation will also explore Bushnell's ingenious methods for underwater explosions and culminate with the Turtle's daring September 6, 1776, attempt to attack the British warship HMS Eagle off Staten Island—an extraordinary feat of Connecticut history.

Register on MyActiveCenter.com or at the Center.

SENIOR PROVIDER FAIR

MONDAY, OCTOBER 5 FROM 9:30 – 11:00

Connect with local professionals and organizations that offer valuable services and resources for older adults and their families. Meet with elder law attorneys, home care agencies, senior living communities, senior living advisors, and other senior service providers, all gathered in one place. Stop by the information tables, ask questions, and pick up helpful materials to learn more about the resources available in our community. No registration required.



CELEBRATE YOU! A SPECIAL PORTRAIT EXPERIENCE



We're excited to welcome professional photographer, Dariusz Terepka, for a *complimentary* portrait experience designed to celebrate you. The goal is simple: to make each person feel special and celebrated. Come dressed in an outfit you love, take a little extra time for yourself, and enjoy a personalized portrait session in a professional studio setting.

Using a beautiful, blue portrait backdrop and professional studio lighting, each participant will receive:

- Five professionally edited digital portraits
- Complimentary web-sized images that are easy to download to your phone and share with family and friends
- The option to purchase full-resolution digital images for \$50 each, if desired.
- The opportunity to order professional-quality prints in virtually any size directly through an online gallery, with 8×10 prints starting at approximately \$13.
- A 15% discount on print orders delivered directly to your home.

**Register at the Center for a 20-minute timeslot
Monday, October 19 between 1:00 - 4:00 OR,
Tuesday, October 20 between 9:30 - 12:30**

Follow Us on Social Media



on Facebook @BigelowCenter



on Instagram @bigelowctr



on Platform X @BigelowCtr

UPCOMING EVENTS AND ACTIVITIES

FRAUD AWARENESS MONTH TECHNOLOGY SESSION WITH WARDE HIGH SCHOOL STUDENTS

Volunteers from Fairfield Warde High School's Technology Literacy Club will be here for two educational sessions designed to build confidence with technology and promote online safety. Together, participants will explore practical technology skills—from navigating devices and using common features to becoming more comfortable with everyday technology—along with tips for recognizing and avoiding online scams and fraud.

Bring your own smartphone, tablet, laptop, or other device, as well as any questions you may have. The hands-on sessions offer an opportunity to learn directly on your own device while gaining useful skills and greater confidence. Stay safer online and make technology a little easier to navigate.

Thursday, October 8 from 4:00 – 5:00

Thursday, October 15 from 4:00 – 5:00

Register on MyActiveCenter.com or at the Center.

MyActiveCenter TUTORIAL SESSIONS WEDNESDAY, OCTOBER 28 TWO SESSIONS: 10:00 – 11:00 OR 1:00 – 2:00



Learn how to easily register online for classes, trips and activities on MyActiveCenter.com from your computer and/or smartphone? Two sessions to choose from.

**Register on MyActiveCenter.com or at the Center.
Space is limited.**

TECH TUESDAYS AT THE CENTER

Need help with your phone, tablet, laptop, or other technology? Stop by the Center on Tuesdays, between 2:00 - 4:00, and volunteers, Gail and Gary Felberbaum, will help.

Whether you have questions about your device, email, apps, or other technology, they are here to help.
October 6, 13, 20 & 27

No registration is required—just stop by.



UPCOMING EVENTS

MEDICARE OPEN ENROLLMENT PRESENTATION WEDNESDAY, OCTOBER 21 FROM 10:00 – 11:00



Medicare open enrollment starts October 15 through December 7 for an effective date of January 1, 2027. During open enrollment, you may switch your Part D *or* Medicare Advantage plan. You may want to consider doing this if:

- ◆ There's been a change in your health status
- ◆ There's been a change in your prescription drugs
- ◆ Your premiums have increased significantly
- ◆ You moved out of your old ZIP Code
- ◆ Your doctors are no longer in your plan's network
- ◆ Your plan has been discontinued

November 3, 2026

Open Enrollment Appointments at Bigelow Center from 10:00 to 1:30

Appointments to review your current Part D or Medicare Advantage plan, comparing it to other available options, and assistance with the enrollment process. Please bring all of your current prescriptions in their original containers and your Medicare card. Each appointment takes about 30 minutes.

Appointments required and limited—no walk in's. The Open Enrollment Drug Screening Form **MUST** be completed and brought to appointment (copies at front desk). **Call the Center (no sooner than October 13 please) to make your appointment. 203-256-3166.**

PROTECT YOURSELF THIS FLU SEASON! THURSDAY, OCTOBER 1 FROM 10:00 – 2:00

The Health Department will be holding a senior specific Flu Clinic at the Bigelow Center. Stop by to get your flu shot and help protect yourself and those around you this flu season. Flu Clinics will be held in the Bigelow Center Cafe.



BLOOD PRESSURE CLINICS

**Monday OCTOBER 26
FROM 9:30-11:30
No Registration Required.**

WALK TO END ALZHEIMER'S SUNDAY, OCTOBER 25 SHERWOOD ISLAND PARK WESTPORT, CT



Enjoy a beautiful autumn morning with a walk at Sherwood Island. Join the community for a scenic walk to support Alzheimer's Association—choose between a one-mile or a two-mile route. To support this important cause we will be holding fundraisers in November, and you can also donate to our team page anytime:

[Team Bigelow Senior Center.](#)

NEWS FROM BRENDA

Thank you Friends of the Bigelow Center for a wonderful Wine on the Water event. We appreciate your hard work and dedication to the Bigelow Center.

We hope you'll join us for lunch one day in late October and give our new caterer a try. We've listened to your feedback and are excited about this new change. We look forward to sharing a meal with you and hearing what you think.

We're also looking for additional members to join our Member Council. It's a wonderful opportunity to share your ideas, feedback and concerns, and help shape the programs and experiences at Bigelow Center. Your voice can help make the Center an even better place to be.

WE'RE EXCITED TO WELCOME JEANNE TO OUR BIGELOW CENTER TEAM!

Jeanne DeLeonardo is excited to join the Bigelow Center team as Community Services Clerk. She comes to us after working in communications, direct marketing, and advertising for 20+ years. A long time Fairfield resident, Jeanne enjoys traveling, spending time with her family, and working in the community.



LIFELONG LEARNERS FALL PROGRAM

Lifelong Learners is a not-for-profit, community-based organization for those who share a love of learning. To register for a class please go to www.myactivecenter.com or register and pay in person at the Center.

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

MULTI-CLASS SESSIONS (\$30 PER SESSION)

Five Fascinating European Leaders – Diane Stone

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

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

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

Four Rodgers & Hammerstein Musicals – David Shafer

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

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

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

Religions of Abraham: Tuesdays, Oct. 6, 13, 20 | 1:00–3:00

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

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

Geopolitics: Geology and International Relations – Dr. Dan May

Mondays, Oct. 19 & 26 | 10:00–Noon

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

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

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

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

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

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

ONE-TIME CLASSES (\$15 EACH CLASS)

Evolution! Latin American Art – Scott Verchin

Thursday, Oct. 8 | 10:00–Noon

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

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

Maps and Politics – Cheryl Cape

Tuesday, Oct. 20 | 10:00–Noon

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

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

BEGINNER AMERICAN MAH JONGG LESSONS – OCTOBER 19, 21, 23 & 26 FROM 1:00 – 3:00



Betty McManamon, passionate Mah Jongg enthusiast, presents a fun and engaging class designed to teach you the basics. You'll receive personalized instruction.

Bring your own National Mah Jongg League 2026 card. Tiles are provided. Space is limited.

Participants must commit to all four classes.

Register on Myactivecenter.com or call the Center.

FASHION THROUGH THE AGES: A GLOBAL JOURNEY

WEDNESDAY, OCTOBER 14 FROM 1:00 – 2:00



Fashion Through the Ages: A Global Journey

This workshop takes you on a journey through the fascinating history of fashion around the world.

From opulent European styles to traditional Asian garments, participants will explore how fashion has evolved over time. You'll have the chance to share your own fashion stories and participate in a lively fashion show together. We'll create an interactive environment where seniors can express their unique personal style.

Register on MyActiveCenter.com or at the Center.

PICKLEBALL CLINIC WITH CERTIFIED INSTRUCTOR, BETSY HUME

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

Mondays, October 5, 19 & 26

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

Register on MyActiveCenter.com or at the Center.

Space is limited.



BIGELOW CENTER SINGING GROUP

WEDNESDAY, OCTOBER 14 & 28 AT 2:00



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.**

BIGELOW MOVIES - FRIDAYS AT 12:45

No Registration Required

Joyful Noise

FRIDAY, OCTOBER 2 / 1H 58M

A heartwarming musical comedy starring Dolly Parton and Queen Latifah When budget cuts threaten a small-town gospel choir, two strong-minded women must work together to save it. Filled with uplifting music, humor, and heart, Joyful Noise is a feel-good movie everyone will enjoy.

Steel Magnolias

FRIDAY, OCTOBER 9 / 1H 57M

A touching and heartfelt comedy-drama about friendship, love, and strength. Set in a small Southern town, a close-knit group of women share laughter, support, and life's challenges through the years. Starring Dolly Parton, Julia Roberts, Sally Field, and Shirley MacLaine.

NO MOVIE, OCTOBER 16

Christmas on the Square

FRIDAY, OCTOBER 23 / 1H 38M

A telephone operator's life changes when she innocently walks through the wrong door at the right time and is mistakenly identified as a radio station's new on-air psychologist.

Dolly Parton: 50 Years at the Opry

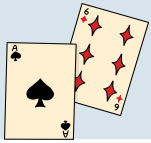
FRIDAY, OCTOBER 30 / 1H 30M

Filmed in front of a live audience at Nashville's Grand Ole Opry, this special is a celebration of Dolly's 50 years as a member of the Opry.



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 JONG

MONDAYS AT 12:30
WEDNESDAYS AT 12:30



CHESS

WEDNESDAYS AT 1:00



BUNCO

TUESDAY, OCTOBER 27 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

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
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 THURSDAY
9:30 - 4:00

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



PACERS

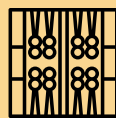
STOP BY THE CENTER TO
PICK UP THE SCHEDULE.

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



BRAIN GAMES

WEDNESDAY, OCTOBER 21 AT 10:00



BACKGAMMON

MONDAYS AT 1:00

NEW

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

EXPLORING LITERATURE – PLEASE REGISTER ON MYACTIVECENTER.COM OR AT THE CENTER

SCRIPTS IN HAND

WEDNESDAY, OCTOBER 21
FROM 1:00 - 2:30

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.



CLASSIC NOVELLA BOOK GROUP

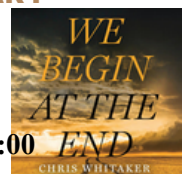
WEDNESDAY, OCTOBER 14
FROM 1:00 - 2:00

This monthly book group reads and discusses short classic novels (novellas). This month's novella is *Yvette* by de Maupassant.



SENIOR LITERARY SOCIETY

WEDNESDAY,
OCTOBER 21
FROM 11:00 - 12:00



The Bigelow Center monthly Book Club meets the third Wednesday of the month. October's book is: *We Begin at the End* by Chris Whitaker

OCTOBER 2026 EXERCISE CLASSES, PICKLEBALL & SPECIAL EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coffee & Tea Shop OPEN DAILY 9:30-12:00 <i>Coffee Shop CLOSED on</i> <i>Thursday, October 1 and</i> <i>Tuesday, October 6</i>				
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 1:00 Tai Chi 1:00 Pickleball Clinic 9:30 - 11:00 Senior Provider Fair 5	9:00 Walking Class 10:00 Watercolor Class 10:15 Exercise w/Nancy 11:30 Pickleball 12:30 Writing Workshop 1:00 LLL 1:30 Pickleball 2:00 Tech Tuesday 6	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 10:00 Brain Games 11:00 Spanish 11:00 Let'sTalk 11:00 Qigong 1:00 Mark Albertson 1:00 Short Novel Group 7	9:00 Chair Yoga 9:00 Weight Training 10:00 LLL 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:00 LLL 1:30 Pickleball 4:00 Tech Presentation 5:00-7:00 Dinner Program 1	10:00 LLL 10:00 Posture Strong 11:00 Body Balance 12:45 Movie 1:00 Cardio Drumming 1:00 LLL 2
 12	9:00 Walking Class 10:00 Watercolor Class 10:00 LLL 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Writing Workshop 1:00 LLL 1:30 Pickleball 2:00 Tech Tuesday 13	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 11:00 Qigong 11:00 Spanish 11:00 Let'sTalk 1:00 Fashion Through the Ages 2:00 Singing Group 14	9:00 Chair Yoga 9:00 Weight Training 10:00 LLL 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:00 LLL 1:30 Pickleball 4:00 Tech Presentation 5:00-7:00 Dinner Program 15	10:00 Posture Strong 11:00 Body Balance NO MOVIE 1:00 Cardio Drumming 1:00 LLL 16
9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 10:00 LLL 10:00 Meet Judge K.Caulfield 11:00 Body Balance 1:00 Tai Chi 1:00 Beginner Mah Jongg 1:00 Pickleball Clinic Special Portrait Day 19	9:00 Walking Class 10:00 Watercolor Class 10:00 LLL 10:15 Exercise with Nancy NO Pickleball 12:30 Pink Pledge BINGO 12:30 Writing Workshop 1:00 LLL NO Pickleball 2:00 Tech Tuesday Special Portrait Day 20	9:00 Strength & Balance 10:00 Zumba 10:00 Open Enrollment Presentation-MEDICARE 10:00 Brain Games 11:00 Senior Lit. Society 11:00 Qigong 11:00 Spanish 11:00 Let'sTalk 1:00 Script in hand 1:00 Beg. Mah Jongg 21	9:00 Weight Training 10:00 LLL 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 LLL 1:00 Tai Chi 1:30 Pickleball 5:00-7:00 Dinner Program 22	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming 1:00 LLL 1:00 Beginner Mah Jongg 23
9:00 Chair Yoga 9:00 Weight Training 9:30-11:30 Blood Pressure Screening 10:00 Zumba 10:00 LLL 11:00 Body Balance 12:00 LUNCH 1:00 Tai Chi 1:00 Pickleball Clinic 1:00 Beginner Mah Jongg 26	9:00 Walking Class 10:00 Watercolor Class 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Writing Workshop 1:00 BUNCO 1:30 Pickleball 2:00 Tech Tuesday 27	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 10:00 MyActiveCenetr Tutorial 11:00 Qigong 11:00 Spanish 11:00 Let'sTalk 12:00 LUNCH 10:00 MyActiveCenetr tutorial 2:00 Singing Group 28	9:00 Weight Training 10:00 LLL 10:15 Kickboxing 11:00 Ukulele 11:30 Pickleball 1:00 Tai Chi 1:30 Pickleball 5:00-7:00 Dinner Program 29	10:00 Posture Strong 11:00 Body Balance 12:00 LUNCH 12:45 Movie 1:00 Cardio Drumming 30

BIGELOW CAFE MENU - OCTOBER 2026

LUNCH PROGRAM BEGINS ON MONDAY, OCTOBER 19 AT 12PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1% Milk Provided Margarine Provided Food Allergy Warning: Please be advised that meals may contain or come into contact with peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. If you have a food allergy, please notify a staff member before consuming your meal. Suggested Donation: \$5–\$7 per meal.				Shrimp Stir Fry Shrimp Fried Rice Pea/Carrots/Green Beans Wonton Soup Orange 23
Ham Scalloped Potatoes Carrots Bread Orange Chicken Soup 26	27	Roast Beef Mashed Potato Carrots/Peas Orange Beef Barley Soup 28	29	<u>Halloween Party</u> Chicken Salad Sandwich Egg Salad Sandwich Tuna Sandwich Broccoli/Carrot Salad Apple Cup Cakes 30

Lunch Program – Reservations

Reservations must be made at least three business days in advance. If you need to cancel your reservation, please do so at least three days before your scheduled lunch, or as soon as possible if you are unable to attend.

There are two easy ways to reserve your lunch:

- Online: Visit MyActiveCenter.com, select the day(s) you would like lunch.
- By phone: Call the Center at 203-256-3166 and let the office know which day(s) you would like to reserve.

Suggested Donation: \$5–\$7 per meal.

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.





FAIRFIELD SOCIAL SERVICES: HOLIDAY GIVING & YEAR-ROUND SUPPORT

We know—it's not even Halloween yet! But while the holidays may still feel a little way off, Fairfield Social Services (FSS) is already thinking about the families, seniors, and veterans in our community who may need a little extra support.

And here's the thing: the need doesn't end when the holidays do.

With food and everyday essentials costing more, more local families are finding themselves stretched a little thinner. FSS has seen a significant increase in requests for assistance, and we want to make sure that when a Fairfield neighbor needs a helping hand, support is there—not just during the holidays, but all year long.

That's why we're starting our Holiday Giving Program early this year and expanding it to reach as many Fairfield residents as possible. At the same time, we're asking our community to help us keep our year-round gift card program going strong.

Would it be unreasonable to ask for your help?

Gift cards are especially helpful because they offer something very important: choice, flexibility, and dignity. A grocery gift card might help put dinner on the table, while a gift card for household essentials can help with an unexpected expense or simply make the month a little easier.

How to Give

Gift cards are preferred. Grocery gift cards to stores such as Stop & Shop, ShopRite, Trader Joe's, and Aldi are especially helpful. Gift cards to retailers that sell household essentials are also greatly appreciated.

Please drop off gift cards or mail to: ***Bigelow Senior Center, 100 Mona Terrace, Fairfield, CT 06824***

Most of all, thank you. The generosity of Fairfield residents means so much to our friends and neighbors who may be going through a difficult time. A gift can help with a practical need, but it can also send a simple and powerful message: you're part of this community, and you're not alone.

Together, we can make the holidays a little brighter—and help make sure that support is there for our neighbors in every season..



VETERANS COFFEE HOUSE: TUESDAY, OCTOBER 20 AT 9:00



FOR VETERANS



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 9:00–12:00. 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.

Vulnerable Resident Outreach Registry

Fairfield Social Services offers the Vulnerable Resident Outreach Registry to help support residents who may need extra assistance during an emergency. The voluntary program helps us identify neighbors who may benefit from a check-in, including older adults (65+), homebound residents, and people living with disabilities or other health or mobility challenges. You may be a good fit for the registry if you:

- Have serious mobility issues
- Have a vision or hearing impairment
- Live with a developmental, cognitive, or mental health condition
- Depend on life-sustaining equipment, such as an oxygen concentrator or dialysis, without round-the-clock assistance

Once registered, you may receive emergency planning check-in calls from the Social Services team.

Interested in learning more or signing up for yourself? Visit the Fairfield Social Services website for the registration form or call 203-256-3170.

Please note: Registration does not guarantee services or priority emergency response, and it is not a “Friendly Caller” program. The registry is intended to help us know which residents may need additional support during a crisis. It is generally not intended for residents who already have 24-hour caregiver support or live in long-term care or supportive housing, although exceptions may apply.

CAREGIVER SUPPORT GROUP

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

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

GRIEF SUPPORT GROUP

This 6-week series is for those who have experienced a loss of a loved one, and are facing the challenges of mourning and grieving. Led by Beth Paris, the group meets weekly on Thursdays from 11:00am -12:30pm, will be resuming in September. For more information call 203-256-3170.

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

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



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

HELP WITH HEATING COSTS CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)



As temperatures begin to drop, Fairfield residents who are concerned about the cost of heating their homes may be eligible for assistance through the Connecticut Energy Assistance Program (CEAP). The program helps eligible households pay for their primary heating source, including oil, natural gas, electricity, propane, kerosene, coal, or wood. Applications for the 2026–2027 heating season open in September.

Applying for assistance is easier than ever. Residents can submit an application online through the Connecticut Department of Social Services, apply in person at Fairfield Social Services, or work with Alliance for Community Empowerment. Those who would like one-on-one assistance are encouraged to schedule an appointment with Fairfield Social Services.

GENERATION POWER CT



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

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

TRANSPORTATION INFORMATION

The Town of Fairfield provides curb-to-curb bus services for senior Fairfield residents age 60 and older, including Veterans and people with disabilities. Buses are wheelchair-lift equipped. Rides are by appointment only. Reservations must be made one week in advance. Call the transportation office at 203-256-3168.

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

SENIOR TRANSPORTATION:

Senior Center: one punch (\$1.00) round trip; Fairfield Doctors: two punches (\$2.00) each way; Bridgeport Doctors: four punches (\$4.00) each way; Grocery shopping: one punch (\$1.00) round trip; Library: one punch (\$1.00) round trip; Purchase a \$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 - 1:30

DIAL-A-RIDE

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

PILOT PROGRAM – ERRAND TRANSPORTATION

With at least one week's advance notice, riders may reserve trips to local destinations such as the bank, library, barber, town offices, pharmacies and other errands. Reservations are based on bus availability and space, similar to our medical appointment transportation service. Cost: 1 punch (\$1) per trip.



FARMERS' MARKET COUPONS



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

Questions? Call SWCAA at 203-814-3649.

UNIVERSITY OF BRIDGEPORT FONES SCHOOL OF DENTAL HYGIENE

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



SWAP, SHARE & SPOOK!

Little ghosts, superheroes, witches, and wizards are invited to give their gently loved costumes a second life at Pequot Library's first-ever Costume Swap.

Bring your clean, gently used children's or teen costumes to the Children's Department between September 21 and October 15, then join us on Saturday, October 17, from 11:00 AM–1:00 PM to browse, swap, and find something delightfully spooky for Halloween. It's a fun, festive—and sustainable—way to make Halloween magic while keeping perfectly good costumes out of the closet (and the landfill!).

So dust off those capes, crowns, tutus, and monster suits and swap your way into a new Halloween adventure.

**Pequot Library Auditorium
Saturday, October 17
From 11:00 AM–1:00 PM
For families, children & teens**



HUMAN AND SOCIAL SERVICES DEPARTMENT INFORMATION

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

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

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

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

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

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

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

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

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

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

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

Program Assistant: Olga Kowal, okowal@fairfieldct.org

Receptionist: Nora Cooper, seniorreception@fairfieldct.org





Celebrate the Season with Our

FALL & HOLIDAY SENIOR TRIPS!

Day trips filled with discovery, connection
and festive fun!





-  **THURSDAY, NOVEMBER 5, 2026**
-  **8:30 AM – 6:00 PM**
-  **DEPARTS FROM THE BIGELOW CENTER**
-  **\$124 PER PERSON**
REGISTRATION OPEN THROUGH OCTOBER 1

Visit the moving 9/11 Memorial & Museum in Lower Manhattan. Reflect at the twin pools, explore powerful exhibits, and enjoy free time for lunch at Brookfield Place.
Please note: this trip includes a moderate amount of walking.



-  **THURSDAY, DECEMBER 3, 2026**
-  **9:00 AM – 5:30 PM**
-  **DEPARTS FROM THE BIGELOW CENTER**
-  **\$133 PER PERSON**
REGISTRATION OPEN THROUGH OCTOBER 30

See model trains travel through festive landscapes featuring 140+ miniature NYC landmarks at the NY Botanical Garden. Enjoy lunch, shop the gift shop, and visit Arthur Avenue's Italian markets.
Please note: this trip includes a moderate amount of walking.

Beachfront Books & Brew

Cozy up by the shore with a warm drink and good company! This senior center gathering features coffee, tea, and pastries while swapping favorite reads and discovering new ones. We're teaming up with @ThePerfectPage for an afternoon of conversation, connection, and community. Tickets \$15 at www.ffldcommunity.com

November 5 | 2:00 PM
Penfield Pavilion

