



BIGELOW CENTER

SEPTEMBER 2026 NEWSLETTER

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH
WHERE COMMUNITY COMES TOGETHER

EXCITING NEWS FROM THE BIGELOW CENTER CAFÉ!

After reviewing the results of our member surveys and hearing your suggestions, we're excited to announce that New England Young at Heart will become our new lunch provider beginning **Monday, October 5**. A favorite at the Trumbull Senior Center, NE Young at Heart is known for serving fresh, delicious meals, and we're confident you'll enjoy the new menu.

Our lunch schedule will remain the same: Mondays, Wednesdays and Fridays at 12 Noon. Same schedule. New and improved meals!

A Complimentary Tasting Lunch - Friday, September 4 at 12:00PM

Before the official launch, we invite you to a complimentary tasting lunch on Friday, September 4, where you'll have the opportunity to sample some of the delicious dishes that will soon be featured on our regular menu. **Register on MyActiveCenter.com or call the Center.**

Lunch Program Donation

Beginning with the new lunch program on October 5, the suggested donation for each lunch will be \$5-\$7. Our goal is to ensure that everyone has access to a healthy, enjoyable meal. If the suggested donation would prevent you from participating, please speak with Brenda or Julie. We are happy to work with you—no one should go without lunch because of financial concerns. We look forward to sharing great food, good company, and this exciting new chapter with you. We hope to see you at the tasting lunch and again when our new program begins in October.



BIGELOW CENTER THURSDAY EVENINGS 5:00PM- 7:00PM

The Bigelow Center is back this fall, hosting fun evenings that include a light dinner followed by entertainment, a lecture, or an activity. Suggested donation of \$5 per event. **Register and pay on MyActiveCenter.com or at the Center.**

Thursday, September 10 - Dinner and The CUKes

Our beloved "house" band is back with their lively mix of ukuleles, banjos and kazoos, which always makes for a toe-tapping good time. Join us for dinner and enjoy an evening filled with great music, laughter, and community spirit.

Thursday, September 17- Line Dancing with Diane Tatnall

Bring your cowboy hats and dancing boots to learn a variety of dances and dance the night away. No experience necessary!



BIGELOW'S GOT TALENT DINNER & VARIETY SHOW
THURSDAY SEPTEMBER 24, 2026 • 5:00 PM – 7:00 PM

An evening with delicious food, great company, and outstanding entertainment! Enjoy a community dinner before our talented Bigelow Center members take the stage to sing, dance, play music, share special talents, and more. Come celebrate creativity, community, and an unforgettable night of fun! Thank you to National Healthcare Assoc. and Visiting Angels for sponsoring this special event. **All attendees, including performers, must register for the dinner - \$5 per person.**

REGISTRATION IS AVAILABLE ON
[MYACTIVECENTER.COM](https://MyActiveCenter.com) THROUGH
FRIDAY, SEPTEMBER 18.

CONTACT US

9:00 am-4:30 pm



203-256-3166



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www.fairfieldct.org/BigelowCenter



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UPCOMING EVENTS AND ACTIVITIES

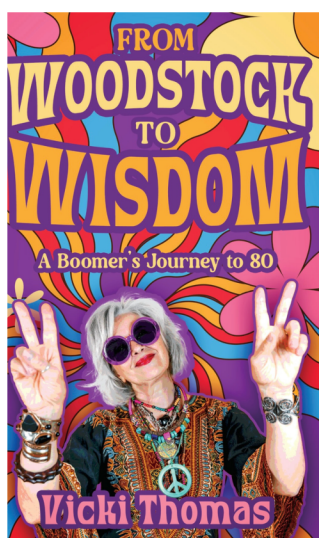
NATIONAL SENIOR CENTER MONTH

ACTIVITY FAIR AND NEW MEMBER WELCOME

MONDAY, SEPTEMBER 14, 9:30–11:30

Celebrate National Senior Center Month with us at our Member Council Activity Fair and New Member Welcome Coffee! Meet representatives from our activity groups and learn about the many programs and opportunities available. Whether you're new to the center or a longtime participant, it's the perfect opportunity to meet new people, explore new interests, and become part of our vibrant community.

No registration required.



VICKIE THOMAS

WEDNESDAY, SEPTEMBER 9 AT 1:00

Experience an engaging presentation by author Vicki Thomas filled with humor, nostalgia, and inspiring reflections on the Baby Boomer journey. Whether you're a Boomer or simply enjoy great storytelling, you'll leave with a smile and a new perspective on aging.

Register on MyActiveCenter.com or at the Center.

BACK TO SCHOOL BOXED LUNCH TUESDAY, SEPTEMBER 22 AT 12:00 PM



September is National Senior Center Month, making it the perfect time to celebrate the friendships, connections, and active lifestyles that make the Bigelow Senior Center such a special place. Join us for a Back to School Boxed Lunch, a casual afternoon of delicious food, great conversation, and community.

Members will enjoy a classic boxed lunch featuring a turkey and cheddar sandwich on a soft roll, pasta salad, chips, seasonal fresh fruit, a chocolate chip cookie, and bottled water. Whether you're catching up with longtime friends or meeting someone new, it's a wonderful opportunity to enjoy all that our senior center has to offer.

We look forward to celebrating National Senior Center Month with you and sharing an afternoon of laughter, fellowship, and good food. Registration is available on MyActiveCenter.com or at the Center beginning Monday, August 17 through Friday, September 18.



39TH ANNUAL BIGELOW TEA COMMUNITY CHALLENGE—SUNDAY, SEPTEMBER 27, 10:00AM

Take part in the Bigelow Tea Community Challenge by registering for the 5K Road Race, 3K Fitness Walk, or volunteering along the scenic Southport Harbor and Historic District. Since its inception, the BTCC has donated more than \$2.9 million to Connecticut charities. Your participation helps support 21 local organizations providing essential services such as education, food assistance, housing support, and safe spaces for those in need. **Senior participation cost: \$22.50.** If you'd like to help by baking brownies for the runners, please pick up a brownie mix box at the Front Desk beginning September 18. We'll provide the mix—you provide the love! Brownies should be baked and returned by Friday, September 25. The race begins at the Wakeman Boys & Girls Club in Southport. For more information about the race, visit www.bigelowtea.com or at the Center.

Join us for the fourth annual Wine on the Water

fundraiser hosted by the
Friends of the Bigelow Center

Penfield Pavilion
September 9, 2026
5:30–7:30pm

**TO PURCHASE TICKETS SCAN
CODE BELOW OR VISIT THE
FRIENDS' WEBSITE:
FRIENDSOFTHE
BIGELOWCENTER.ORG**



Purchase
tickets
here

UPCOMING EVENTS AND ACTIVITIES



MEET THE EDITOR-IN-CHIEF, CT EXAMINER WEDNESDAY, SEPTEMBER 16 AT 1:00

Gregory Stroud, Editor-in-Chief of CT Examiner, discusses the state of the news business nationwide, and right here in Connecticut. Q&A will follow the discussion. **Register on MyActiveCenter.com or at the Center.**

INTERMEDIATE SPANISH CLASS WEDNESDAYS, 11:00—12:00

SEPTEMBER 9 - NOVEMBER 18 (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: \$125. Register and pay on MyActiveCenter.com or at the Center.

¡HOLA!

CREATIVE WRITING WORKSHOP TUESDAYS, 12:30—2:00

SEPTEMBER 15 - OCTOBER 27

Liz Matthews, Westport Writers' Workshop, facilitates this creative writing workshop. Got a story to tell? This will help you get in on paper. Thank you, to the Writers' Workshop for your generous sponsorship of the workshop. **Register on MyActiveCenter.com or at the Center. Space is limited.**

INTERMEDIATE UKULELE LESSONS THURSDAYS FROM 11:00—12:00

SEPTEMBER 3—NOVEMBER 19 (12 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: \$75. Register and pay on MyActiveCenter.com or at the Center.



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06-5012

UPCOMING EVENTS

ACRYLIC WORKSHOP WITH RENU.

THURSDAYS AT 1:00

SEPTEMBER 17, 24, OCTOBER 1



Art instructor Renu will guide you through a fun, step-by-step acrylic painting class on canvas. Whether you're new to painting or have experience, you'll enjoy creating your own beautiful artwork in a relaxed and welcoming environment. All skill levels are welcome—just bring your imagination.

Fee for the series is \$60 including materials.

Register on MyActiveCenter.com or at the Center.

WIRE-WRAPPED STONE

PENDANT WORKSHOP

FRIDAY, SEPTEMBER 18 at 1:00



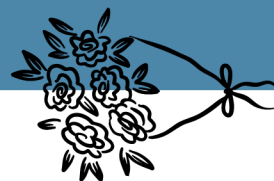
Create a one-of-a-kind wearable work of art in this fun, hands-on workshop. Learn the basics of wire wrapping as you transform a beautiful natural stone into a unique pendant using simple techniques and tools. No previous jewelry-making experience is needed—this class is perfect for beginners as well as anyone looking to expand their creative skills. You'll leave with a finished pendant ready to wear or give as a thoughtful handmade gift.

Fee for the class is \$24 including materials. Space is limited.

Register and pay on MyActiveCenter.com or at the Center.

RESTORATIVE BLOOMS

SEPTEMBER 10 AT 1:00 PM



Celebrate the beauty of early autumn with a hands-on floral arranging workshop led by Restorative Blooms. Create a stunning seasonal arrangement using fresh flowers in the rich colors and textures of fall.

Thanks to the generous sponsorship of Executive Home Care, this program is free, and all flowers and supplies are included. Participants should bring their own vase (maximum 8 inches tall) to create their arrangement.

Space is limited. Registration is required on MyActiveCenter.com or at the Center.

BIGELOW CENTER SINGING GROUP

WEDNESDAY, SEPTEMBER 9 & 23 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 We'll 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. All members are welcome.

SEPTEMBER BINGO

TUESDAY, SEPTEMBER 15 AT 12:30PM



Grab your lucky cards and come play Bingo! Spend time with friends, enjoy some laughs, and compete for fun prizes. Melanie from Visiting Angels will be back to host the game.

Register on MyActiveCenter.com or at the Center.

HEALTH AND WELLNESS PROGRAMS

WOUNDS THAT WON'T HEAL



Connecticut
Orthopaedics

WEDNESDAY, SEPTEMBER 23 AT 1:00

Dr. Thomas Zumbaugh, DPM, presents a seminar on chronic wounds of the legs and feet. Learn about the causes of non-healing wounds, available treatment options, and the importance of early intervention. **Register on MyActiveCenter.com or at the Center.**

BLOOD PRESSURE CLINICS

Monday SEPTEMBER 14 , 9:30–11:30

Monday SEPTEMBER 28 , 9:30–11:30

No Registration Required.



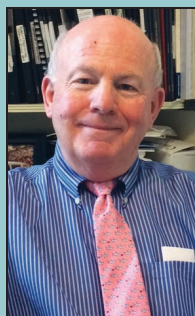
YOU ARE WHAT YOU EAT – MOVIE

MONDAY, SEPTEMBER 14 at 1:00

Join us for a special Health Corner movie screening of *You Are What You Eat*.

A Twin Experiment, an engaging documentary series based on a groundbreaking Stanford University study. Discover how everyday food choices can impact your heart health, energy, weight, and overall well-being. Get inspired with practical ideas for making healthy choices that support a happier, healthier life. **No Registration Required.**





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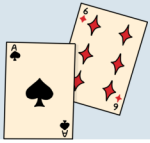


For ad info. call 1-800-950-9952 • www.lpicommunities.com Town of Fairfield/Bigelow Center for Senior Activities, Fairfield, CT

06-5012

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, SEPTEMBER 29 AT 1:00



SCRABBLE

MONDAYS AT 12:00
FRIDAYS AT 12:00



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

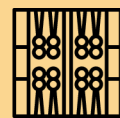
STOP BY THE CENTER TO
PICK UP THE SCHEDULE.

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, SEPTEMBER 16 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, SEPTEMBER 16
AT 1:00 PM

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, SEPTEMBER 9
AT 1:00 PM

This monthly book group reads and discusses short classic novels (novellas).

This month's choice is:

The Odyssey

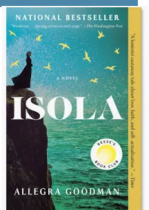
Books(chapters) 19,20,21,22,23, and 24



SENIOR LITERARY SOCIETY

WEDNESDAY
SEPTEMBER 16 AT
11:00 AM

All are welcome to join the Bigelow Center Book Club. September Book: *Isola by Allegra Goodman* All are welcome.



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

**EXERCISE CLASSES & PICKLEBALL WILL NOT BE HELD THIS WEEK
ALL OTHER WEEKLY ACTIVITIES WILL TAKE PLACE AS SCHEDULED**

10:00 Watercolor Class

1

11:00 Let's Talk

2

11:00 Ukulele

**12:00 TASTING
LUNCHEON**
NO Movie
4

Sorry we're
CLOSED
LABOR
DAY

7

 9:00 Walking Class
9:15 AARP Driving Class
 10:00 Watercolor Class
 10:15 Exercise w/Nancy
10:00 LLL
1:00 LLL
 2:00-4:00 Tech Tuesday

8

 9:00 Yoga
 9:00 Strength & Balance
 10:00 Zumba
 10:00 Brain Games
 11:00 Spanish
 11:00 Let's Talk
NO Qigong
 1:00 Short Novel Book Group
1:00 Vicki Thomas
 2:00 Singing Group Mtg.

9

 9:00 Chair Yoga
 9:00 Weight Training
 10:15 Kickboxing
 11:00 Ukulele
 1:00 Tai Chi
1:00 Flower Arranging
**5:00 Dinner &
The Cukes**
10
10:00 LLL
 11:00 Body Balance
 12:45 Movie
 1:00 Cardio Drumming

11

 9:00 Chair Yoga
 9:00 Weight Training
9:30 Activity Fair
**9:30-11:30 Blood
Pressure Screening**
 10:00 Zumba
 11:00 Body Balance
 1:00 Tai Chi
**1:00 You are what you
eat - MOVIE**
14

 9:00 Walking Class
 10:00 Watercolor Class
10:00 LLL
 10:15 Exercise with Nancy
 11:30 Pickleball
12:30 BINGO
 12:30 Writing Workshop
1:00 LLL
 1:30 Pickleball
 2:00-4:00 Tech Tuesday

15

 9:00 Yoga
 9:00 Strength & Balance
 10:00 Zumba
 11:00 Qigong
 11:00 Spanish
 11:00 Let's Talk
 11:00 Sr. Lit. Society
1:00 CT Examiner Pres.
 1:00 Scripts in Hand

16

 9:00 Chair Yoga
 9:00 Weight Training
 10:15 Kickboxing
10:00 LLL
 11:00 Ukulele
 11:30 Pickleball
 1:00 Tai Chi
1:00 Acrylic Workshop
1:00 LLL
 1:30 Pickleball
**5:00 Dinner &
Line Dancing**
17
10:00 LLL
 11:00 Body Balance
 12:45 Movie
 1:00 Cardio Drumming
**1:00 Wire-Wrapped
Workshop**
18
NO Chair Yoga
 9:00 Weight Training
 10:00 Zumba
 11:00 Body Balance
 1:00 Tai Chi

21

 9:00 Walking Class
 10:00 Open Art
10:00 LLL
 10:15 Exercise with Nancy
 11:30 Pickleball
12:00 Back to school Lunch
 12:30 Writing Workshop
1:00 LLL
 1:30 Pickleball
 2:00-4:00 Tech Tuesday

22
NO Yoga
 9:00 Strength & Balance
 10:00 Zumba
 11:00 Qigong
 11:00 Spanish
 11:00 Let's Talk
**1:00 Wounds that
Won't Heal**
 2:00 Singing Group Mtg.

23
NO Chair Yoga
 9:00 Weight Training
 10:15 Kickboxing
**10:00 Understanding
Distracted Driving**
 11:00 Ukulele
1:00 Acrylic Workshop
**5:00 Bigelow's
GOT TALENT**
24
10:00 LLL
 11:00 Body Balance
 12:45 Movie
 1:00 Cardio Drumming

25

 9:00 Chair Yoga
 9:00 Weight Training
**9:30-11:30 Blood
Pressure Screening**
 10:00 Zumba
NO Body Balance
 1:00 Tai Chi
1:00 LLL
28

 9:00 Walking Class
 10:00 Open Art
10:00 LLL
 10:15 Exercise with Nancy
 11:30 Pickleball
 12:30 Writing Workshop
1:00 LLL
 1:30 Pickleball
 2:00-4:00 Tech Tuesday

29

 9:00 Yoga
 9:00 Strength & Balance
 10:00 Zumba
 11:00 Qigong
 11:00 Spanish
 11:00 Let's Talk

30

Coffee & Tea Shop
OPEN DAILY
9:30-12:00



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)



Four Stories from Dubliners – Dr. Mark Schenker

Tuesdays, Sept. 8, 15, 22, 29 | 10:00 AM–Noon

Explore four classic James Joyce stories: Araby, Counterparts, A Painful Case, and The Dead. Participants should read each story before class; texts are available online and through the Fairfield Public Library.

Instructor: Former Yale College dean and award-winning humanities scholar who has taught at Yale, NYU, and Trinity College.

Totalitarian Leadership: Stalin, Hitler, Putin, Xi – Dr. Barbara Kellerman

Tuesdays, Sept. 8, 15, 22, 29 | 1:00–3:00 PM

Examine how totalitarian leaders gain, wield, and maintain power through the examples of Stalin, Hitler, Putin, and Xi Jinping.

Instructor: Internationally recognized leadership expert, former Harvard faculty member, and author of more than twenty books.

What Remains of the Iran War? – Dr. Mito Mardin

Fridays, Sept. 18, 25, Oct. 2 | 10:00 AM–Noon

Analyze the geopolitical and security implications of the Iran War through the 2025 National Security Strategy and 2026 National Defense Strategy.

Instructor: Retired pharmaceutical executive and longtime lecturer on global affairs, economics, and geopolitics.

Five Fascinating European Leaders – Diane Stone

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

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 PM

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 PM

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 AM–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 AM–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.

LIFELONG LEARNERS FALL PROGRAM

ONE-TIME CLASSES (\$15 EACH CLASS)

Humor in African American Literature – Dr. Benjamin Schwartz

Friday, Sept. 11 | 10:00 AM–Noon

Explore the history and impact of African American humor through literature, film, and comedy.

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

Battle of the Midterms – Harvey Heyman

Thursday, Sept. 17 | 10:00 AM–Noon

Examine the political strategies, challenges, and dynamics shaping the upcoming midterm elections.

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

Kalamazoo Gals – Dr. John Thomas

Thursday, Sept. 17 | 1:00–3:00 PM

Discover the women who built Gibson guitars during World War II through stories, music, and film.

Instructor: Author, musician, filmmaker, law professor, and nationally recognized guitar historian.

Revolutionary War Veterans in Greenfield Hill Cemetery – Laura Lugo

Monday, Sept. 28 | 1:00–3:00 PM

Learn the stories of local Revolutionary War veterans through military records and firsthand accounts.

Instructor: Local historian and author of Connecticut Revolutionaries of Greenfield Hill Cemetery: 1775–1783.

Evolution! Latin American Art – Scott Verchin

Thursday, Oct. 8 | 10:00 AM–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 AM–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.



BIGELOW MOVIES - FRIDAYS AT 12:45

No Registration Required

Becoming

FRIDAY, SEPTEMBER 18

Becoming received positive reviews for its intimate and inspiring portrayal of Michelle Obama's life, reflections, and connection with audiences. Critics praised Nadia Hallgren's direction, the documentary's warmth, and its focus on personal stories, empowerment, and community. The film was also appreciated for offering viewers a behind-the-scenes look at Obama's book tour and public journey after leaving the White House.

The Thursday Murder Club

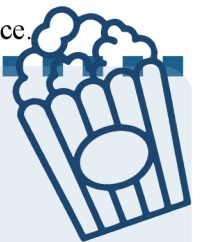
FRIDAY, SEPTEMBER 25

A charming crime comedy based on Richard Osman's bestselling novel. Directed by Chris Columbus, the film follows four spirited retirees who turn amateur detectives when they investigate a mysterious murder. Featuring a star-studded cast including Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie, the film blends humor, mystery, and heart in a delightful whodunit.

The Intern

FRIDAY, SEPTEMBER 11

The Intern (2015), a heartwarming comedy-drama starring Robert De Niro and Anne Hathaway. The film follows a 70-year-old widower who becomes a senior intern at a fast-growing fashion company and develops an unexpected friendship with its busy young CEO. A charming story about friendship, second chances, and the value of experience.



COMING UP & MORE

BEGINNER PICKLEBALL LESSONS WITH CERTIFIED INSTRUCTOR, JOHN HOCK

Curious about pickleball but not sure where to begin? This beginner-level instructional series is the perfect introduction to one of the fastest-growing sports in the country. John Hock, certified Pickleball instructor, teaches a fun and supportive four-week course designed specifically for beginners. You'll learn the fundamentals of the game, including proper grip, serving, scoring, court positioning, and basic strategies while building your skills, improving your technique, and gaining confidence on the court. Participants must attend all classes.

Dates: Thursdays, October 1, 8, 15 & 22

4:00PM - 6:00PM

Cost: \$60 for the session

Registration opens September 21 on MyActiveCenter.

Space is limited.



NEW EXERCISE CLASS! LOW-IMPACT CARDIO KICKBOXING THURSDAYS AT 10:15 SEPTEMBER 10 – NOVEMBER 19



Boost your heart health in this fun, low-impact cardio kickboxing class. Easy-to-follow boxing and kickboxing movements help improve balance, mobility, coordination, strength, and overall fitness. Certified exercise instructor Debbie Russell will lead this energetic class. Suitable for all fitness levels.

**Register on MyActiveCenter.com or in the office.
\$33 for the session.**

TECH TUESDAYS ARE BACK!



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

Whether you have questions about your device, email, apps, or other technology, they are here to help. September 8, 15, 22 & 29.

No registration is required—just stop by.



AARP DRIVING COURSE – TUESDAY, SEPTEMBER 8 AT 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.





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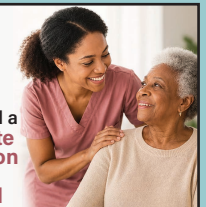


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06-5012

WELCOME OUR NEW TEAM MEMBERS!

We're excited to welcome two new employees to the Bigelow Center team! We look forward to getting to know our members and helping make the Center an engaging, welcoming place for everyone.

Meet Mary Donnelly

Mary has a Master's in Public Health and came to FSS after working at Southwestern Connecticut Agency on Aging for almost 30 years. Mary has an extensive knowledge of working with elderly in the community.

Meet Ola Kowal

Ola recently joined the Bigelow Center as a Program Assistant. She holds a master's degree in International Relations and has experience in administration, and community engagement. She enjoys organizing activities, connecting with people, and creating a welcoming environment for our members. Outside of work, she loves spending time with family and exploring new places.



LARGE-PRINT BOOK DONATIONS WANTED

The Senior Center Library is seeking donations of gently used large-print books. Your generosity will help expand our collection and make reading more enjoyable and accessible for our members.

Thank you for your support!



FOOD DRIVE FOR OPERATION HOPE



September's Hunger Action Month, The Bigelow Center is hosting a food drive to support the Operation Hope Food Pantry. We invite members of our community to help make a difference by donating much-needed pantry items.

Some of the most requested items include canned fruit, jelly and honey, pancake mix and syrup, instant soup packets, and other non-perishable groceries. A complete list of needed items is available at the Center, and a collection box is located in the foyer.

Thank you for your generosity and for helping support our neighbors in need!

NEWS FROM BRENDA

We extend our warmest wishes to all grandparents on Sunday, September 13. Thank you for the love, wisdom, and joy you bring to your families and our community. We hope your day is filled with special moments, cherished memories, and the appreciation you deserve. Happy Grandparents Day!

Save the date for the Friends of the Bigelow Center's annual fundraiser, Wine on the Water, on Wednesday, September 9, at the Penfield Pavilion. The Friends of the Bigelow Center, a 501(c)(3) nonprofit organization, raise funds to support programs and enhancements at the Center. See page two for ticket information.

Mark your calendars for another community favorite—the Annual Bigelow Tea Community Challenge 5K Road Race & Fitness Walk on Sunday, September 27. Whether you're participating, volunteering, or cheering from the sidelines, it's a wonderful opportunity to come together and celebrate health, fitness, and community. More information at the Center.

September is National Senior Center Month, and we're looking forward to celebrating with a variety of engaging events and activities that showcase the spirit and strength of our wonderful community. As always, our door is open. Please stop by to share your thoughts, comments, questions, or concerns.

FLU CLINICS WILL BE HELD AT THE BIGELOW CENTER IN OCTOBER.



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GENERATION POWER CT



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.

Please note: households are eligible for one benefit per calendar year. For example, if you receive aid in April 2026, you cannot apply again until April 2027. Assistance is available to those meeting specific income guidelines and demonstrating genuine need.

Generation Power CT operates with funding from donations, grants, and community partners to ensure that vulnerable households can keep their lights and heat on.

A HEARTFELT THANK YOU FROM SOCIAL SERVICES

Every child deserves the chance to experience the joy of summer camp and the excitement of starting a new school year feeling prepared and confident. Thanks to the incredible generosity of our Fairfield community, more children had those opportunities this year.

Your support of the Social Services Campership and Back-to-School Programs helped open doors for local families by providing access to enriching summer experiences and the school supplies children need to begin the year ready to learn. For many families, your kindness eased financial burdens and created moments of joy, confidence, and connection that will last long after summer has ended.

To our donors, community partners, and neighbors—thank you for making a difference in the lives of Fairfield families. Your generosity reflects the spirit of this community: neighbors helping neighbors and investing in the well-being of our children. Every contribution, whether large or small, helped create opportunities that will have a lasting impact.

Thank you for helping Fairfield's children grow, thrive, and begin the school year with confidence.



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.

Once approved, participants can conveniently manage their benefits online by checking the status of their application, viewing their seasonal award, requesting an oil delivery, confirming that their fuel vendor has received authorization, and tracking their remaining benefit balance.

CEAP is available to eligible households with incomes up to 60% of the state median income. Even if your heating costs are included in your rent, you may still qualify for assistance.

If you have questions about the program, would like to determine your eligibility, or need help completing an application, please contact Fairfield Social Services at 203-256-3170. Our staff is here to help you stay warm this winter.

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.

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 from June 1 through November 30, 2026.

Questions? Call SWCAA at 203-814-3649.



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 11am -12:30 pm, and 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.

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.

NEW PILOT PROGRAM – ERRAND TRANSPORTATION

We're trying a PILOT program for errands. 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.



CONNECTICUT STAND DOWN 2026

FRIDAY SEPTEMBER 18, 2026 from 9:00AM – 2:00PM

University of Bridgeport, Wheeler Recreational Center, 400 University Ave. The Connecticut Department of Veterans Affairs (DVA) is preparing for its annual STAND DOWN event. The DVA continues its commitment to serving Connecticut's Veterans, Active Duty, National Guard and Reserve military personnel, and their immediate families by providing this "one stop" access to a range of programs and services offered by state and federal agencies, Veterans organizations, and community-based non-profits at these regional sites across the State.

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, bsteale@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



CHOICES Medicare Counseling

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

If you need help understanding your benefits or navigating the enrollment process, call 203-256-3166 for an appointment

UNIVERSITY OF BRIDGEPORT FONES SCHOOL OF DENTAL HYGIENE



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

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. The VA is 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.

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TASTE OF ITALIAN NEW YORK

TUESDAY, OCTOBER 6, 2026

9:00 AM-6:30 PM | DEPARTS FROM THE BIGELOW CENTER

\$148 PER PERSON |

REGISTRATION OPEN THROUGH AUGUST 28

Explore New York City's Italian favorites! Shop gourmet specialties at Zabar's, enjoy a family-style lunch at Carmine's, and discover authentic Italian markets and bakeries on Arthur Avenue in the Bronx. Don't forget a cooler for your delicious finds!

NATIONAL 9/11 MEMORIAL & MUSEUM

THURSDAY, NOVEMBER 5, 2026

8:30 AM-6:00 PM | DEPARTS FROM THE BIGELOW CENTER

\$124 PER PERSON |

REGISTRATION OPEN THROUGH OCTOBER 1

Experience a meaningful visit to the National September 11 Memorial & Museum in Lower Manhattan. Explore powerful exhibits and the Memorial's iconic reflecting pools, then enjoy free time for lunch at scenic Brookfield Place. Moderate walking required.

NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW

THURSDAY, DECEMBER 3, 2026

9:00 AM-5:30 PM | DEPARTS FROM THE BIGELOW CENTER

\$133 PER PERSON |

REGISTRATION OPEN THROUGH OCTOBER 30

Experience the magic of the holiday season at the New York Botanical Garden's beloved Holiday Train Show, featuring model trains winding through a stunning display of more than 140 miniature New York landmarks crafted from natural materials. Enjoy free time for lunch, shopping at the Garden gift shop, and a visit to the famous Italian markets and bakeries along Arthur Avenue before heading home. Moderate walking is required.

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!

SEASIDE CLAMBAKE

WEDNESDAY, SEPTEMBER 10, AT 12:00 P.M.

Celebrate the end of summer with a classic New England tradition at the Penfield Pavilion. Join us for our Seniors' Seaside Clambake featuring a delicious coastal-inspired lunch, live music, beautiful shoreline views, beachside games, and great company. It's the perfect way to enjoy the season's final days in a fun and relaxing setting.

Enjoy the flavors of the season with a thoughtfully prepared menu: Clam Chowder Cups, Mini Lobster Rolls, Shrimp Cocktail, Salmon with Cream Cheese & Dill on Cucumber, Seafood Salad, Fried Clams, and French Fries.

Tickets: \$45

Purchase tickets: www.ffldcommunity.com

