

Bigelow Center Oktoberfest

Thursday, October 19

Lunch at 12:00

Entertainment at 12:30



The Bigelow Center celebrates *Oktoberfest!* Join us for a delicious lunch with sausage and peppers from one of our favorite restaurants, Captain's, along with the staple

beverage for the occasion—beer (non-alcoholic of course).

Following lunch, The Boomers Band will be here to entertain us.

They are one of Connecticut's top duos, playing pop and rock favorites from the 60's through today. Their songs are well known and loved by everyone!

Fee is \$5. Space is limited.

Register on MyActiveCenter or in person.



October is Breast Cancer Awareness Month

Pink Pledge is a month-long, community-wide, awareness and fundraising campaign to benefit Norma Pfriem Breast Center. The Bigelow Center will be fundraising this month for this very important cause:



Fairfield Picklers Play for Pink—Open to ALL

Playing Pickleball for a good cause! We are offering Monday afternoon Pickleball on October 23 and 30, from 1:00—3:00.

Suggested minimum donation is \$5 to play. Limited spots. All proceeds to be donated to the Norma Pfriem Breast Center.

Register and pay on MyActiveCenter or call the Center.

Space is limited to 24 each day.

Mum Fundraiser at the Bigelow Center

Mums will be available to purchase on **Thursday, October 5 and Friday, October 6.** \$8 (cash or check) per 8" mum.

How to Live to be 100

Tuesday, October 17 at 10:30

Living to 100—is possible for all of us says Dr. Edward Schuster, Cardiologist at the Tully Health Center, Stamford Hospital. He shares his tips—foods to eat and avoid, lifestyle choices, the importance of no stress and the importance of taking vacations!



Dr. Schuster is a recognized innovator in cardiology and preventive medicine and has received many honors, including U.S., Connecticut and Westchester Best Doctors. In addition to his role as a Cardiologist, he travels throughout Connecticut and New York speaking on this topic.

Register on MyActiveCenter. No computer access?

Call 203-256-3166 to register.

CT Dance School Jazz Dance Class

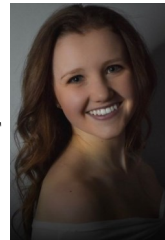
At the Bigelow Center

Fridays 11:15—12:00

October 6—November 10 (Six Classes)

The trial Jazz class was such a hit, Avery Lasky, CT Dance School, will be back for a six-week session.

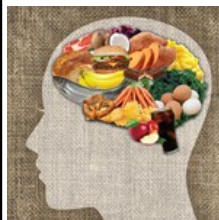
She will work on musicality, coordination, mobility, and flexibility while having fun and dancing to great music! **\$20 fee for the session**
Register on MyActiveCenter or in person.



Foods for Brain Health

Cooking Demonstration with Lunch

Thursday, October 5, 11:00—12:30



Gary Seri, head chef at Bridges of Epoch, will tell us all we need to know about the best foods for brain health. Greens, salmon, turmeric and even chocolate are some of the foods our brain needs to stay healthy. He'll share info on those and many other foods while doing a cooking demonstration.

Lunch is provided: NE Clam Chowder, Asparagus stuffed chicken, garlic herb roasted potatoes & green bean medley. Presented by Bridges by Epoch.

Space is limited! Register on MyActiveCenter. No computer access? Call 203-256-3166 to register.

HALLOWEEN



Halloween at the Bigelow Center

Special Halloween Bingo & Light Dinner

Thursday, October 26

4:00—6:00

What better way to celebrate Halloween than with BINGO AND DINNER! Bob and Brenda are back as the Bingo Callers. Game play

from 4:00—5:00, dinner 5:00—5:30 and the final game will be played 5:30—6:00. We will have a variety of delicious sandwiches and dessert. **Register on MyActiveCenter or,**

call 203-256-3166 to register.

Halloween Trick or Treating at the Center

Tuesday, October 31 at 9:30

Help us hand out Halloween treats, provided by the Center, to the little ones from a Child's Garden as they parade through in their costumes.



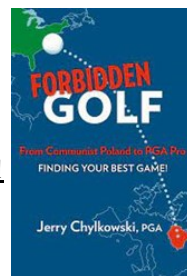
Bigelow Center Men's Group

Tuesday, October 10 at 9:30

Jerry Schylewski, PGA teaching pro at Connecticut Golf Club in Easton joins the Men's Group this month to discuss his first book, ***Forbidden Golf from Communist Poland to PGA Pro, Finding Your Best Game.***

The book outlines an easy-to-implement and unique technique he developed. As always, refreshments will be served!

Register on MyActiveCenter or at the front desk.



More Information and Things to Do



Save the Date—

Medicare Open Enrollment

Medicare open enrollment starts October 15 through December 7 for an effective date of January 1, 2024. 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

Open Enrollment Appointments at Bigelow Center Tuesday, November 2, 10:00—1:00

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 15 please**) to make your appointment. 203-256-3166.



Welcome our new Social Services Coordinator **Alison Witherbee**

Alison worked for the Town of Easton for the past nine years as the Municipal Agent for the Aging. She also worked at Bridgeport Hospital for 10 years. She grew up in Fairfield and graduated from Roger Ludlow (when the mascot was a Tiger) and while she still lives in Easton working for the Town of Fairfield feels like coming home. Alison and her husband are the proud parents of two daughters Sarah and Lucy. They have been empty nesters (part-time) for two years and have filled the void with a recent addition, Harley a 10 month old yellow lab. Please stop in to say hello!.

Brain Games

Wednesday, October 18 at 10:00

Brain Games is an enjoyable and effective way to improve brain health. Join Danielle Ramos from National Healthcare for challenging puzzles and brain teasers to help keep your wits about you.

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



October is Fire Prevention Month Fire Prevention Presentation Monday, October 16 at 10:00

Fairfield Fire Marshal Phillip Higgins joins us for an informative discussion on steps you take to be sure you and those you love are safe from a fire. The goal of Fire Prevention Month is to raise fire safety awareness, and help ensure your home and family has a plan and is ready for the unexpected. In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Be ready at home by installing smoke and carbon monoxide alarms, as well as fire extinguishers.



**Register on MyActiveCenter. No computer access?
Call 203-256-3166 to register.**



Walk to End Alzheimer's Sunday, October 8

The local Alzheimer's Association Walk to End Alzheimer's is at Calf Pasture Beach, Norwalk, CT. It is 1.1 miles, or 2.2 miles for those who want to do a longer walk. All are welcome to join. Unable to participate in person this year? Please consider donating to **Team Bigelow Senior Center** at the front desk or online (link is in the email blast)

Also, be on the lookout this month for various fundraisers to support our team. All proceeds go to ALZ.org.

AARP Driving Course

Tuesday, October 10, 9:00—1:00

AARP's defensive driving course teaches evidence-based strategies to keep you safe behind the wheel. Learn important facts about the effects of medication on driving, how to reduce driver distractions, how to maintain the proper following distance behind another car. Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today, techniques for handling left turns, right-of-way, and roundabouts.

Register on MyActiveCenter or call 203-256-3166 to register. Advance registration required.

AARP Members; \$20; non-AARP Members- \$25.



Friends of the Bigelow Center Accessory Boutique Sale

**Saturday, October 21, 10:00—4:00
1190 South Pine Creek Road, Fairfield**

The Friends of the Bigelow Center are hosting an Accessory Boutique Sale to benefit the Bigelow Center. Come see the fabulous fashion at affordable prices.

For more information email friendsofthebigelowcenter.org.

Bunco

Tuesday, October 31 at 1:00

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



Blood Pressure Screening

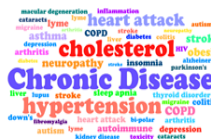
Mondays, October 2, 16 & 30 from 9:30—11:30



Diabetes and Chronic Disease Group

Tuesday, October 10 at 1:00

No registration necessary. For more information please contact the Fairfield Health Department at 203-256-3150.



News from Brenda

The fall semester is well underway and it's great to have the Center filled with so many members! The fall Lifelong Learner classes have started with a great line up of topics. There are also additional classes beginning in October that you can still register for. Classes are listed on page four and you can also find the full brochure on our website: fairfieldct.org/Bigelow.

When the front parking lot is full, please feel free to park in the lot behind the building. There are several handicapped spaces as well. After you park, ring the buzzer at the corner back door or call the main number (it's posted on the door), and we will open the door for you. Be patient, it may take a couple of minutes.

We'll be fundraising for two important causes this month. Along with many Fairfield businesses and organizations we are taking the Pink Pledge (info on page one). We are also supporting the Alzheimer's Association and have a team for the local Walk to End Alzheimer's. If you are interested in donating online you can search for our team, **Team Bigelow Center for Senior Activities** on Alz.org. You can also donate at the front desk for both organizations. Thank you for your support!

The bathrooms renovations are going well and on time—we are hopeful the middle set will be completed in November. The back set of bathrooms (near the gym) will be next. We appreciate your patience and can't wait to see them.

We don't want winter to come too soon, but be sure to mark your calendar for winter registration dates for exercise classes and Pickleball:

Monday, November 13 at 9:00: Registration opens for Fairfield residents

Monday, November 20 at 9:00: Registration opens for out of town members

As always, please let me know if you have any questions or concerns.

More To Do!

**Registration Not Required.
No instructor for activities below.
Feel free to stop in. All are welcome!**

Daily, 9:30—3:30: Wood Shop, Table Pool, Ping Pong

**Hook & Needle Group: Mondays and Fridays,
9:30—12:00 (Bring your own projects)**

Pinochle—Mondays and Fridays at 12:00

Canasta—Wednesdays at 10:00

Chess—Wednesdays at 1:00

Mah Jongg—Wednesdays at 12:30

**Flying Aces (Model Airplane Flying Group)
Wednesdays at 1:00. BYOP—Bring your own plane.**

Scrabble—Fridays at 12:30

**Bunco— Tuesday, October 31 at 1:00
(Last Tuesday of every month)**

Drop In Art—Fridays, 12:30—3:00
Bring your own projects and supplies and spread out! We are not able to store projects—all work must be brought home.

Friday Movie at 12:45

Grief Support Group

While grief is a personal experience, finding people that understand what you are going through can help pierce the Isolation that often comes with loss. Learning and understanding more about grief alongside others, may help you in your individual journey. The next session begins in October. **For more information, please call Kristin Hosp in Social Services at 203-256-3170.**

Low Vision Group

Low vision affects many individuals and can make day to day activities a challenge. Low Vision Peer Support Group meetings occasionally include presentations of resources available. Family and friends are always welcome. **Contact Mila Rodrigues at (203) 256-3170.**

Senior Literary Society

Wednesday, October 18 at 11:00

October book choice: Mad Honey,
Jody Picoult and Jennifer Finney Boylan

Facilitated by Pequot Library and no registration required.

Upcoming Book Discussions:

November 15: Next Ship Home, Heather Webb
December 20: The Wishing Game, Meg Shaffer



**Mum Sale for Pink Pledge
Thursday, October 5 and
Friday, October 6
9:30—11:30**

**One 8" Mum for \$8.
Choose from a variety of
colors. First come—first
Served, Cash only. Proceeds
benefit Norma Pfriem Breast
Center.**



Age Friendly Fairfield

Age Friendly Fairfield is a town-wide initiative to make our community a great place to grow up *and* grow old. The first area of interest we're working on is Transportation.

Stay tuned for listening sessions around town to give us the opportunity to learn about YOUR ideas for transportation in Fairfield.

Remember, transportation isn't just cars and trains—we're looking for innovative ideas, what's working and how can we improve what we have.

For information about Age Friendly or to get involved, send us an email at AgeFriendlyFairfield@fairfieldct.org or visit [Age Friendly Fairfield](http://AgeFriendlyFairfield).





Fridays at 12:45—No Registration Required

October 6: *About My Father*—A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family. Comedian Sebastian Maniscalco and Robert DeNiro star in this comedy. 1hr 29m

October 13: *Bread and Tulips*—In this 2001 comedy from Italy an Italian housewife is accidentally left behind while on vacation with her family. She decides to take a vacation on her own and winds up in Venice. But her solo sojourn does not sit well with her philandering husband, who recruits an amateur detective to bring his wife back home. 1hr 54m.

A Foreign Film Festival pick.

October 20: *Book Club, The Next Chapter*— Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Diane Keaton, Jane Fonda, Candace Bergen and Mary Steenburgen star in this funny movie. 1hr 48m

October 27: *Hocus Pocus 2*—After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal. 1h 26m.

Lifelong Learners

Lifelong Learners is a not-for-profit, community-based, organization for those who share a love of learning. Programs are held at the Bigelow Center and you must be a member of the Center to participate. The course brochure has detailed class information and can be found online at www.fairfieldct.org/Bigelow and copies are available at the Center. Register and pay for classes on myactivecenter.com or pay by cash or check in person at the Bigelow Center.

Lifelong Learner Classes Beginning in October

Mondays, 10:00– Noon: PAST COMEDIANS & LAUGHTER with Evan Weiner. October 2, 16, 23, 30, November 6

Come and start each of the five weeks laughing out loud at the best era of comedians. Jewish Comics, First Ladies of Comedy, Early Days of TV, Early Days of Radio, Lucille Ball

Tuesdays 10:00 – Noon: HITLER, THE CHANCELLOR with Mark Albertson.. October 10, 17, 24, 31, November 7

January 30, 2023 marked 90 years ago that Adolf Hitler assumed the Chancellorship of Germany. Yet he did not take power, although it was offered to him. This course will trace Hitler's rise to power and how representative government gave way to dictatorship: **The German Corporate State, The Munich Putsch, Hitler Picks Up the Pieces, The Chancellor, Night of the Long Knives**

Tuesdays, 1:00 – 3:00: THE PLAY'S THE THING with Dr. Frank DeStefano. October 10, 17, 24, 31, November 7

Adapting a stage plan to the screen is an art in itself. This course will feature five examples of very successful film Adaptations: **Pygmalion, Our Town, Call Me Madam, Separate Tables, Fences.**

Life Long Learner Friday One Day Classes—\$10 Per Class. All Classes meet from 10:00—12:00

Friday, September 22: Japanese American Internment Experience with Nancy Beck and Vernon Beck.

During World War II, over 120,000 were removed from their homes on the West Coast, and incarcerated in hastily built camps in interior states. Nancy Beck, whose mother and many other relatives were among those imprisoned because of their Japanese ethnicity, will speak of the events leading up to the camps, life in the camps and their aftermath. She will be joined in the talk by her husband Vernon.

Friday, October 20: The Big Lie, 1918—What We Can Learn From History with Ira H. Kleinfeld.

We will examine The Big Lie as a case study: der Dolchstoßlegende – the completely false assertion by the top leaders of the German Military High Command in the moments after surrender in November 1918 that the armed forces had not lost the war — that elements of the home front — had given Germany a stab in the back which had caused the army to be undermined and Germany to lose the war.

Friday, October 27: Comparative Well-Being by Countries with Dr. Mithat 'Mito' Mardin.

An attempt to compare people's well-being across countries by utilizing available metrics to determine which countries are making progress and which are sliding back.

Friday, November 3: Debt Ceiling and Public Debt with Dr. Mithat 'Mito' Mardin.

Why does the US have a debt ceiling? What is the relationship between the debt ceiling, public debt, and budget deficit? An attempt to understand the fiscal policy framework of the US with a focus on historic developments and vis-a-vie other developed countries.

OCTOBER 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Chair Yoga 9:00 Pacers 9:30 Table Pool/Ping Pong/ Wood Shop/Hook & Needle 10:00 Zumba with Pauline 10:00 LLL 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Pickleball Clinic 1:00 Tai Chi 1:00 LLL</p>	<p>3</p> <p>9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 10:00 LLL 10:15 Zumba w/Germaine 11:30 Pickleball 1:00 LLL 12:00 Writer's Workshop 2:00 Pickleball</p>	<p>4</p> <p>9:00 Yoga 9:30: Table Pool/Ping Pong/ Wood Shop 10:00 LLL 10:00 Zumba w/Pauline 10:00 Canasta 12:00 Lunch 12:30 Mah Jongg 1:00 LLL 1:00 Flying Aces 1:00 Chess</p>	<p>5</p> <p>9:00 Weight Training 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 LLL 10:00 & 11:00 Ukulele 10:15 Zumba with Germaine 11:00 Cooking Demo and Lunch 11:30 Pickleball 1:00 Tai Chi 2:00 Pickleball</p>	<p>6</p> <p>9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Body Balance 11:15 Jazz Class 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming</p>
<p>9</p> <p>Closed for Columbus Day</p>	<p>10</p> <p>9:00—1:00 AARP Driving Class 9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 9:30 Men's Group 10:00 LLL 10:00 Art Class 10:15 Zumba w/Germaine 11:30 & 2:00 Pickleball 1:00 LLL 12:00 Writer's Workshop 1:00 Diabetes Support Group</p>	<p>11</p> <p>9:00 Yoga 9:30: Table Pool/Ping Pong/ Wood Shop 10:00 LLL 10:00 Zumba w/Pauline 10:00 Canasta 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess</p>	<p>12</p> <p>9:00 Weight Training 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 & 11:00 Ukulele 10:15 Zumba with Germaine 11:30 Pickleball 1:00 LLL 1:00 Tai Chi 2:00 Pickleball</p>	<p>13</p> <p>9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Body Balance 11:15 Jazz Class 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie NO Cardio Drumming</p>
<p>16</p> <p>9:00 Chair Yoga 9:00 Pacers 9:30 Table Pool/Ping Pong/ Wood Shop/Hook & Needle 10:00 Fire Prevention Presentation 10:00 LLL 10:00 Zumba with Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 1:00 Tai Chi 1:00 LLL</p>	<p>17</p> <p>9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 10:00 Art Class 10:00 LLL 10:15 Zumba w/Germaine 10:30 How to Live to be 100! 11:30 Pickleball 1:00 LLL 2:00 Pickleball</p>	<p>18</p> <p>9:00 Yoga 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 Zumba w/Pauline 10:00 Canasta 10:00 LLL 10:00 Brain Games 11:00 Senior Literary Society 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess</p>	<p>19</p> <p>9:00 Weight Training 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 Ukulele II 10:15 Zumba with Germaine 11:00 Ukulele I 11:30 Pickleball 12:00 Oktoberfest Lunch 1:00 Tai Chi 1:00 LLL 2:00 Pickleball</p>	<p>20</p> <p>9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Body Balance 10:00 LLL 11:15 Jazz Class 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming</p>
<p>23</p> <p>9:00 Chair Yoga 9:00 Pacers 9:30 Table Pool/Ping Pong/ Wood Shop/Hook & Needle 10:00 Zumba with Pauline 10:00 LLL 11:00 NO Body Balance 12:00 Lunch 12:00 Pinochle 1:00 Tai Chi 1:00 LLL 1:00—3:00 Pickleball for Pink Pledge</p>	<p>24</p> <p>9:30 Table Pool/Ping Pong/Wood Shop 10:00 LLL 10:00 Art Class 11:30 Pickleball 1:00 LLL 2:00 Pickleball</p>	<p>25</p> <p>NO Yoga 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 LLL 10:00 Canasta 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess</p>	<p>26</p> <p>9:00 Weight Training 9:30 Table Pool/Ping Pong/ Wood Shop 10:00 Ukulele II 10:15 Zumba with Germaine 11:00 Ukulele I 11:30 Pickleball 1:00 Tai Chi 1:00 LLL 2:00 Pickleball 4:00—6:00 Dinner and Halloween Bingo</p>	<p>27</p> <p>9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 LLL 11:00 NO Body Balance 11:15 Jazz Class 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming</p>
<p>30</p> <p>9:00 Chair Yoga 9:00 Pacers 9:30 Table Pool/Ping Pong/ Wood Shop/Hook & Needle 10:00 LLL 10:00 Zumba with Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 1:00 Tai Chi 1:00—3:00 Pickleball for Pink Pledge</p>	<p>31</p> <p>9:30 Table Pool/Ping Pong/Wood Shop 10:00 LLL 11:30 Pickleball 1:00 Bunco 1:00 LLL 2:00 Pickleball</p>			

OCTOBER MENU

Alternate Chef Salad available. Please indicate when you make a reservation.

Bigelow Café
Call 203-256-3118 to make a reservation
Suggested Donation \$3.00—\$5.00

1% Milk and Whole Grain Bread provided daily. Margarine available.

2 Hearty Vegetable Soup Chicken Marsala Mashed Potato Green Beans 100% Whole Wheat Bread Cinnamon Applesauce	3	4 Southern Grilled Chicken Salad w/ Olives, Tomatoes, Black Beans and Corn Ranch Dressing Corn Muffin Chocolate Pudding	5	6 Homemade Meatloaf w/ Gravy Wide Egg Noodles Peas & Carrots Potato Bread Tropical Fruit Cup
9 Closed for Columbus Day	10	11 Tomato Basil Soup Broccoli, Potato, Sausage Crumble Egg Bake Spinach Biscuit Pear Cup	12	13 Turkey Divan Brown Rice California Blend Vegies Whole Wheat Roll Banana Pudding with Whipped Topping
16 Lazy Stuffed Cabbage With Beef/Pork Mashed Potato Meadow Blend Veggies Italian Bread Plum	17	18 Open Faced Turkey Sandwich Turkey Gravy Stuffing Carrots & Broccoli Warm Peach Cobbler w/Whipped Topping	19	20 Minestrone Soup Codfish Cakes Steak Fries Broccoli Oatmeal Bread Fresh Apple
23 Philly Cheesesteak Sloppy Joe with Peppers and Onions Tater Tots Carrots Hamburger Bun Rice Pudding	24	25 Spaghetti with Meatballs Garden Salad Garlic Bread Pie	26	27 Roast Turkey w/Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce Dinner Roll Oatmeal Cookies
30 Creepy Country Fried Chicken w/Crawling Country Gravy Moaning Mashed Potato Ghoulish Green Beans and Monster Mushrooms	31	<p>Café Manager available Monday, Wednesday and Friday from 9:00am—1:00pm.</p> <p>All reservations must be made 2 business days in advance by 10:00am.</p>		

Bigelow Center Trips

*Trips are non-refundable 30 days prior to the trip *Payment must accompany registration
Stop by the Bigelow Center to pick up flyers and for additional information.

Thursday, November 30: Radio City Music Hall and the Rockettes
\$214—Payment and registration due by September 22
Orchestra/1st Mezzanine seats, 2:00pm show, Tour Director and Coach Bus
Depart Bigelow Center at 9:15am. Estimated return is 5:45



Let's head to Radio City for the Christmas Spectacular starring the world-famous Rockettes. Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and Ice Skaters. Prior to your 2:00pm performance enjoy lunch at Bill's Burger, located right in Rockefeller Center.



Monday, November 20, 2023

Mohegan Sun Casino Trip with the Easton Senior Center
\$35.00—includes bus cost only. Payable to the Easton Senior Center.
Depart Easton Senior Center at 8:45am. Depart Mohegan Sun at 5:00
with an estimated return to Easton Senior Center by 7:00pm.
Space is limited!
Please call the Easton Senior Center to make a reservation at 203-268-1145.

Tuesday, December 5, 2023: Silver Bells & Diamonds Holiday Show
\$118 per person—Payment and Registration due by November 1
Aqua Turf Club, Plantsville, CT
Depart Bigelow Center at 9:45am. Estimated Return 5:00.

Silver Bells & Diamonds - Combine the best for a great Holiday Show! Their signature harmony comes alive with a combination of memorable holiday tunes and the greatest hits the Diamonds are so well known for, including Sleigh Ride, Christmas Rock n 'Roll Medley and more. Delicious lunch at the elegant Aqua Turf in Plantsville, CT FAMILY STYLE MENU: Garden Salad, Pasta, Chicken Parmigiana, Scrod with Cracker Crumb Stuffing, Vegetable, Potato, Rolls, Dessert, Beverage.



Trip Guidelines

- Payment must be made at time of reservation.
- Reservations must be made in person.
- Full name and phone number of each trip passenger must be included.
- Participants must be on time for arrival and departure. The Bigelow Center does not assume responsibility and/or liability if you fail to arrive at the scheduled arrival and departure times.
- If you are interested in a trip that's full, consider adding your name to our waiting list. We will call if seats become available.

Special Events Around Fairfield

For more information on these events and others, go to: www.experiencefairfieldct.org

Taste of Fairfield—Sunday, October 8
Location: Delamar Hotel Southport, 275 Old Post Rd, Southport. Time: 12PM – 4PM

Harvest Market—Saturday, October 14
Location: Town Hall Green - 611 Old Post Road. Time: 10AM - 4PM

12th Annual Fairfield Restaurant Week
Monday, October 23—Sunday, November 5
Location: All over Fairfield.

Human and Social Services Department Information

Human and Social Services Director: Julie DeMarco

Senior Center Director: Brenda Steele

Social Services Coordinator: Alison Witherbee

Department Secretary: Janet Merando, Receptionist: Nora Cooper

Social Services Secretary: Carol Hubbard

Social Services Staff: Eileen Fickes, Eileen Gombos, Amy Luciano, Mila Rodrigues; Kristin Hosp

Drivers: JJ Metviner, Joe Peddle, Paul Lytwyn, Bob Seirup, Glenn Mackno

Social Services Information

From the Fairfield Tax Assessor's Office 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. The veteran must have served at least 90 days during a certified combat era. His/her DD-214 or a certified copy must be filed with the Town Clerk by September 30 in order for the exemption to be applied to the next assessment list. After filing with the Town Clerk please go to the Assessor's Office and they will review the various programs available to you.

For information call Tax Assessor's Office at 203-256-3110

Town of Fairfield Fraud Alert

Sign up for Fraud Alert to receive alerts whenever a document such as a mortgage is recorded under your name. Documents can be viewed online at: <https://www.searchiqs.com/CTFAI>. Go to <https://www.searchiqs.com/fraudalert/>



Veterans News

Connecticut Department of Veteran's Affairs

The CT Department of Veteran's Affairs has a permanent satellite office at the Bigelow Center to provide assistance and services to our Veterans.

Walk-ins welcome, appointments encouraged. Call to make an 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 with government agencies to automatically apply these benefits to all eligible loans, for more information, contact 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.

Energy Assistance

Connecticut Energy Assistance Program (CEAP) and Operation Fuel assistance both help with primary heating costs. Please note that an eligible applicant for Operation Fuel is only eligible for benefits one time per calendar year. .

To make an appointment or learn more about the programs, call Social Services to set up an appointment. Call 203-256-3170.



Nationwide Test of the Emergency Alert System Wednesday, October 4 at 2:20

The Federal Emergency Management Agency (FEMA), in coordination with the Federal Communications Commission (FCC), will conduct a nationwide test of the Emergency Alert System (EAS) and Wireless Emergency Alerts (WEA) this fall. The test will consist of two portions, testing Wireless Emergency Alert (WEA) and Emergency Alert System (EAS) capabilities. .

Fairfield Health Department Flu and Covid Vaccines

The Health Department will schedule clinics for the Flu vaccine and COVID booster. Information will be on their website, www.fairfieldct.org/health and social media when dates have been scheduled.

Please call the Public Health Nursing Office 203.256.3150 for additional questions.



JOB PLACEMENT & CAREER RESOURCES

The WorkPlace – www.workplace.org or call 203-610-8500

The WorkPlace offers many programs for job seekers including apprenticeships in manufacturing and healthcare; job coaching and placement services; GED preparation; veterans, re-entry workers, and those behind on the mortgages.

Fairfield Public Library – <https://fairfieldpubliclibrary.org>

FPL provides access to job and career resources like resume and cover letter samples; interest/skill inventories; niche and industry-specific websites; websites for more general career and salary exploration; job search seminars, and podcasts.

Alliance For Community Empowerment – www.AllianceCT.org

Alliance, our local community action agency, has Supportive Services that provides GED classes, job search assistance and job training as well. For more information call 203-838-8110.

Housatonic Community College – www.housatonic.edu/snap

SNAP Employment & Training Program is a job-readiness program for careers in fields like health care, retail banking, graphic design, criminal justice, accounting; vocational training and support services. For information call 203-332-5145.

Goodwill Career Centers – careercenter@gwct.org

Get job search, internet, and email basic training; help with interview skills and professional attire; teen employment; and specific strategies for job seekers over 50. Call 203-581-5040.

Transportation Information

The Town of Fairfield provides curb-to-curb bus services for Fairfield residents who are seniors 60 years and older, people with disabilities (buses are wheelchair-lift equipped), and Veterans. **Rides are by appointment only. Reservations for all rides must be made one week in advance. Call the transportation office at 203-256-3168**

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

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

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

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

Dial-A-Ride: Dial-A-Ride supplements the town-provided Senior Center Transportation and the GBTA-provided fixed route buses and the ADA service. Service is available seven days a week. 6:00 AM to 10:00 PM. **Call to enroll. 203-579-7777.**

NEWS AND RESOURCE FROM SOCIAL SERVICES

FAIRFIELD FATHER'S FORUM

Special thanks to
the angels
for their support and
collaboration!

Free and open to any fathers, any age!

- Are you a new father and is this whole experience just mind-blowing?
- Are you raising teenagers and feeling pulled in 101 directions?
- Did you just drop your kids off at college and are you wondering what to do with all your spare time?
- Have your children had children and are you now a grandfather?

Led by **Vince Benevento, LPC**
Director and Founder of the
Causeway Collaborative



Drop-in group on the following dates:

- Saturday, September 30th
- Saturday, October 14th
- Saturday, November 18th
- Saturday, December 16th

From 9:30 to 10:30 am at Saugatuck Sweets, 28 Reef Road

Presented and facilitated by the:

FAIRFIELD COLLABORATIVE FOR
YOUTH MENTAL HEALTH

A PARTNERSHIP BETWEEN THE FAIRFIELD POLICE DEPARTMENT,
FAIRFIELD PUBLIC SCHOOLS AND FAIRFIELD SOCIAL AND HUMAN SERVICES



COVID RECOVERY FUND

The Town of Fairfield COVID Recovery Fund is available to provide limited, one-time assistance to Fairfield residents who continue to be adversely impacted by the Covid-19 pandemic. Financial assistance will be granted on a first come, first served basis until funds are exhausted.

Applications may be submitted via email, USPS (regular mail), or in person. Applicants must demonstrate that they have exhausted any other assistance funds or available resources for which they may be eligible.

The application and review committee may refer applicants to resources as appropriate. Applicants must be current on all tax obligations to the Town of Fairfield at time of application.

For information and eligibility email fairfieldct.org/covidrecoveryfund or call 203-256-3170.

MyHomeCT: Administered through CHFA (The Connecticut Housing Finance Authority), MyHomeCT seeks to help prevent mortgage delinquencies, defaults, and foreclosures.

It is targeted to assist eligible homeowners who are struggling because of the pandemic. For those facing the possibility of eviction, legal services are available at 1-800-453-3320 (toll free). The Connecticut Fair Housing Center can help. Call 860-247-4400 or 888-247-4401, or go to its website at www.ctfairhousing.org

Affordable Connectivity Program (ACP) provides financial assistance towards internet service and/or a one-time discount to purchase a laptop, a desk top computer, or a tablet. For more information, see ACPinfo@fcc.gov or call 877-384-2575.

MENTAL HEALTH RESOURCES

Child Guidance Center provides children and families with culturally-informed mental health care and complementary support. Call 203-394-6529 for more information or to make an appointment.

Fairfield Counseling is part of LifeBridge offering a continuum of comprehensive, high quality mental health and substance abuse services to adults, youth, and families in Fairfield County. Call 203-255-5777 for more information.

Emergency Planning – Hurricane Season

The season has been calm and dry so far, but it's not over yet. Be responsible and be prepared! Towards that end, there are online resources that provide emergency supply lists, basic tips for emergency planning, evacuation plan checklists, and other useful information to consider ahead of a severe weather event or disaster. Here are some online resources with detailed guidance to help keep you and your loved ones safe and healthy:

The CDC <https://www.cdc.gov/prep/yourhealth/index.htm?cid=EPR-homepage>

FEMA www.ready.gov

Red Cross <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>

SNAP Demonstration Project for Older Adults and Those with Disabilities

The Department of Social Services recently announced a new program called ESAP (Elderly Simplified Application Project). Eligible applicants must be 60 years or older, or disabled according to DSS definitions. For more information, go to <https://portal.ct.gov/DSS/SNAP/Elderly-Simplified-Application-Project> or call 855-626-6632.

LifeBridge's weekly youth groups address adolescent loneliness, anxiety and depression. Complimentary parent/caregiver support groups offer tools and guidance to help maintain positive changes in adolescents' moods.



Talk, Listen and Connect (12-14 years old)

- Fridays from 4:00 - 5:00 PM



Tackling Life's Choices (15-18 years old)

- Wednesdays from 4:00 - 5:00 PM

A safe place for students to talk with their peers about life, school, relationships and more!



Tender Loving Care (Parent/Caregiver)

- Mondays from 11:00 AM - 12:00 PM
- Fridays from 4:00 - 5:00 PM

Groups are facilitated by licensed clinicians. Youth are required to have a behavioral health assessment.

✉ Groups@LifeBridgeCT.org ☎ 203-368-4291

Fun at the Bigelow Center!

