Medicare Open Enrollment
The annual Medicare open enrollment period starts on October 5th and runs through December 7th, 2019, for an effective date of January 1st, 2020. During open enrollment, you can 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
Lisa Alhabal, CHOICES counselor with the Southwestern CT Agency on Aging, and two additional volunteers, will be available on Monday, October 28th from 10:00 to 2:00 PM, to help Medicare recipients who are interested in changing their Part D or Medicare Advantage Plan. You will get help reviewing your current plan, comparing it to other available options, as well as assistance with the enrollment process. Please bring all of your current prescriptions in their original containers and your Medicare Part B, ConnectiCare, Aetna, Cigna, and Anthem are all accepted with no copay. Questions or consult your doctor. Medicare Part B, ConnectiCare, Aetna, Cigna, and Anthem are all accepted with no copay.

Know How to Go: Transportation Information presented by the Kennedy Center: Are you interested in attending local events, but don’t drive as much as you used to? Increase your access to the community and pay LESS to take the bus! Join us to find out how! The Kennedy Center’s Mobility Services Department (MSD) provides information and tools to help seniors navigate the public transportation system thereby maintaining or increasing their independence. Applications and a photo printer will be available to start the application process for the Reduced Fare Photo ID. Application charge is $5.

Thursday, October 10 at 10:30 AM

Save the Date! Coming in November
Veterans’ Breakfast: Tuesday, 11/12 from 9:30—11:00 AM
Join us for breakfast as we celebrate our Veterans. More info in the November newsletter. Sign up begins 11/01.

Flu Shots: The Fairfield Health Department will hold its annual flu clinics at the Bigelow Center on Tuesday, 10/08 from 10:00 AM – 7:00 PM and Wednesday, 10/09 from 11:00 AM – 5:00 PM. The HIGH DOSE flu shot is not available at this time. Only the standard dose will be available at this clinic. A HIGH DOSE mini-clinic will be scheduled at a later date. Please call the Public Health Nursing Office at 203.256.3150 with your questions or consult your doctor. Medicare Part B, ConnectiCare, Aetna, Cigna, and Anthem are all accepted with no copay.

Please bring your insurance card with you to the flu clinic and wear short sleeves or sleeves that you roll up.

Encore presentation by Judge Maxham. Due to the huge interest in the presentation last month, Judge Maxham will be here again for an informative discussion about issues such as Powers of Attorney, Conservatorship, as well as other Probate-related questions. Kate Neary Maxham graduated cum laude from Quinnipiac Law School and began practicing law in Fairfield with the firm of Kleban & Samor PC in 1983.

October 17 — The Green Corridor: Mary Ellen Lemay presents. The Aspetuck Land Trust Green Corridor is an interconnected landscape linking open space and our backyards to safeguard wildlife, land, and water resources for future generation. Lemay is a landowner engagement specialist, and will educate us on land protection, and point out how to promote food for threatened wildlife in your garden.

October 24 — Author Emery Roth will show slides and photographs as he discusses his book Brass Valley: The Fall of American Industry. Roth spent several years photographing the last large brass mills along the Naugatuck River between Derby and Torrington. Given permission and access to shoot anywhere, Roth’s photography tells the stories of the men and communities in the Brass Valley, shows us the inner workings of the Valley’s casting furnaces and extrusion mills and help us understand what the Brass Valley once was and what it is now.

October 31 — The Bakhtiari Tribe. SHU Professor Cima F. Sedigh will show and discuss, “Bakhtiari Alphabet”; the documentary about the ancient Persian Tribe called the Bakhtiari. It features the life and education among the nomads of Iran. To conduct her research. Dr. Sedigh has traveled extensively to different regions of Iran. She has also acted in partnership with the United Nations and its specialized agencies to advance education for the underprivileged through construction of schools.

Note: No refunds given day of program.
Did you know 1 out of 3 people over the age of 65 will fall this year! Installing a Grab Bar will help prevent you from falling!

Call Collins Accessibility Solutions today for your free evaluation. Present this ad for 10% off your order.

203-685-1664
500 Kings Highway East, Fairfield, CT
Genealogy Forum: Wednesday, October 16 at 1:00 PM.
Join the Genealogy group for an informative discussion focusing on Central European Family History. Vic Bereca will provide a brief overview of why and how most people with ancestors in historic Hungary (today’s Hungary, Slovakia, Croatia, Transylvania, etc.) can easily trace their roots back almost 200 years, at no cost. All are welcome.

Garden Club: Friday, October 18 at 11:15.
This month the Garden Club hosts a very special speaker, Sefra Alexandra, aka The Seed Huntress! Sefra has single-handedly revived heirloom Southport Globe Onions, the prolific and vital crop in Southport and Greens Farms during the 1700 and 1800s. BYOB, Bring Your Own Bulb for a Bulb Exchange this month. You’ll be able to plant before the first frost!

Lunch and Learn Presentations

Mastering the Masters: Edvard Munch
Guided by artist/educator Christine Goldbach, learn to paint in the style of Edvard Munch. It is your opportunity to feel, to see and to paint like a master artist. The workshop starts with a presentation and information about the artist's life and works to familiarize you with the master's philosophy, mark making style, and subject matter. Select a work of the artist to develop, or paint something of your own in the artist’s style. Break for lunch then back to work to finish up. Finally, it’s our show of final work with critique. This is a fun workshop that allows you to create art from a master's point of view. Come join the camaraderie of fellow painters. All levels of art and skill welcome. Advance registration required.
October 29 from 10:00—2:00 PM
Cost: $30 per class includes lunch

Let’s Celebrate YOU!! Why Funerals Matter
Thursday, October 3rd at 11:30 AM
You’ve led a fabulous life so “Let’s Celebrate YOU!!”. The staff at the Shaugnessy Banks Funeral Home invites you to join them on to discuss why funerals do matter and the importance of preplanning how you want your life to be remembered. This informative talk will cover specific examples for creating a meaningful life celebration including useful tips on planning in advance and the costs involved. There will be plenty of time to ask questions following the discussion. Advance registration required. Space is limited.

Items of Interest

Around the Senior Center
We have a lot of thank you’s this month.
Thank you to all who contributed to the Social Services Back to School Program. Together we helped more than 120 children start their school year strong and prepared.
Thank you to Little Helpers for their hard work and donations for our Back to School Program.
Thank YOU for your patience with the construction on the Solar Carport. Inconvenient? Yes. Worth it? Definitely.
Thanks to the staff of The Mars Corporation for volunteering at lunch time on their Day of Service.
Thank you NCL and SASO for your spirit, enthusiasm and hard-work this summer in the lunch program and watering.
You’ve probably noticed the new window panes on the front side of the building. DPW has been painstakingly replacing them one by one this summer. And, thanks to DPW for installing our new bottle-filling stations/water fountains in the hallway. Nora’s niece, Jenny, saw them at her local gym and mentioned them to us. We’re doing our part to conserve water and encourage you to fill up your water bottles!
Goodbye and lots of luck to Yvonne in the Coffee Shop, and hello and welcome to the Fairfield CPP students who will be running the shop for us this year. Same great coffee, new smiling faces. Stop in and say hello.
A great big thanks to Barbara, our Zumba instructor for the years of Zumba and laughs. Thank you also to Germaine and Diane for keeping the Zumba classes going.
Finally, farewell and best wishes to Kristin Hosp, our Lead in Social Services. Kristin has been a patient and kind resource, leader and friend to all—staff and Fairfield residents for more than three years. We wish her well at the Southwestern CT Agency on Aging.

News from the Members’ Council
Member Council met October 1st. Here’s the news: 6th Graders from Greens Farm Academy will be spending Friday Mornings with us. Students will rotate through the Center and our programs beginning later this month. This is an important part of their community service for school.
The Pacers have received an increase in members and are busy planning their group trip to Hammonasset later this month.
Lunch Volunteers are needed Mondays, Tuesdays and Thursdays. Please see Melissa for the online signup link and more information.
The Member Council was created to bring to our attention the concerns and compliments from each group within the Senior Center, and any news the Center needs to get out to its groups. If you would like to contact one of the Member Council members please see Melissa for their contact information.

Caregivers’ Forum at the Bigelow Center
Continue the conversation about being a Caregiver. Please join us for a guided discussion about the challenges & issues Caregivers face.
Moderated by Melissa DiVito, LMSW, Assistant Human and Social Services Director & David Magner, Early Memory Loss Program Coordinator at Grasmere on Park, a program of Jewish Senior Services.

Save the Date! Coming in November
Medicare Update: Wednesday, 11/06 at 10:30 AM.
Lisa Alhabal from the Southwestern CT Agency on Aging presents any and all changes to Medicare and insurance plans in 2019. Be sure your plan is right for you. Be sure you are meeting your needs medically and financially. Registration required.

Coming in November: Jewelry/Bead Workshop
Guided/led by Ron Marks. Please check out the November newsletter for more information. Just in time for the holidays!
October 4 — POMS ★★★
Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it’s never too late to follow your dreams, even when the odds are stacked against you. Starring Diane Keaton and Rhea Pearlman. 121 minutes. Snacks by Wilton Meadows.

October 11 — Too Bad She’s Bad ★★★★ Dr. Frank DeStefano presents this 1955 Italian comedy which stars a young Sophia Loren, an unknown Marcello Mastroianni, and famed movie star and director Vittorio De Sica. Loren plays a beautiful petty thief working with DeSica, her con-man father, while Mastroianni plays a naïve cabbie caught in their clutches. 95 minutes.

October 18 — The Sun is also a Star★★★
College-bound romantic Daniel Bae and Jamaica-born pragmatist Natasha Kingsley meet -- and fall for each other -- over one magical day amidst the fervor and flurry of New York City. Sparks immediately fly between these two strangers, who might never have met had fate not given them a little push. With just hours left on the clock in what looks to be her last day in the U.S., Natasha is fighting against her family's deportation just as fiercely as she's fighting her growing feelings for Daniel. Starring Charles Melton and Yara Shahidi. 120 minutes. Snacks by Sturges Ridge.

October 25 — Pride ★★★
In 1970s Philadelphia, Jim Ellis, who is driven by a love of competitive swimming, fixes up an abandoned pool building with the help of a janitor named Elston (Bernie Mac). But when city officials mark the place for demolition, he fights back by founding an all-black swim team. Facing racism, violence and a hostile city official, Jim struggles to prepare his novice swimmers for the state championship. Starring Terrence Howard and Bernie Mac. 129 minutes. Snacks by Sturges Ridge.

Watercolors with Sabine Bonnar: Explore your creative side! Instructor Sabine Bonnar is a Trumbull artist who paints in watercolors, oils and pastels. Sabine studied at the “Kunst Hoch-Schule Essen” in Germany as well as the Art Institute of Chicago and at Sacred Heart University in Fairfield. Bring Your Own Materials. Classes meet Mondays at 11:30. Cost: $50 per five week session. Please call for information (203) 256-3166.

Spanish Language Classes: After Mexico, the country with more Spanish speakers in the world is the USA. Do you want to learn the basic grammar and structure of this beautiful language in addition to basic sentences and expressions to communicate for fun and travel? Wednesdays at 10:00. Cost: $60 for six week session. Please call (203) 256-3166.

Senior Book Club: Facilitated by the Fairfield Public Library. This month: Circus Fire by Stewart O’Nan. Wednesday, 10/02 at 11:00.

Genealogy: Facilitated by Genealogist Bill Stansfield, the Genealogy Group meets on the third Wednesday of each month at 1:00 and is for all those interested in researching their family histories.

The Poets’ Roundtable: Meets the 1st and 3rd Thursday of each month at 1:00. All levels and poets welcome! Facilitated by Emerson Gilmore.

Circle of Angels Discussion Group: Thursday Evenings October 17th and 24th at 6:30 PM in the Bigelow Center Library. Led by Nora M. Spurgin, MSW, psychotherapist and author. The first session will cover topics including: “Who are the Angels? What do they do?” The second session will talk about Your Personal Circle of Angels, How to Summon Your Angels, and will end with Stories of Angel Help.

AARP Driver Safety: A refresher course aimed at the 60+ driver. Call your insurance company. You may be eligible for a discount after completing this course! Saturday, October 26 from 9:00-1:00. Checks only, payable to AARP. $15 for AARP members; $20 for non-members.

Flying Aces Model Airplane Club: Our members fly rubber-band-powered models as well as very light battery-powered planes, drones and helicopters every Wednesday at 1:00.

Quilting: The quilters meet on Friday mornings at 9:00. Bring your own materials or project.


Wood Carving: Our woodcarvers meet on Tuesdays, Wednesdays and Thursdays starting at 9:00. Experienced carvers are available to tutor.

Fairfield Chess Club: The chess club meets on Wednesdays at 12:30. There are no chess “masters” among our members, but a few play at a very high level. Most are just good, average players.

Table Tennis/Pool Woodshop: All levels welcome for the fun and action-packed games. Sneakers required. Every day at 9:00.
**Bigelow Center Cafe**

**Coffee served from 9:15 to 11:00 a.m. Lunch is served at 12:00 Noon**

Please call Nora at the front desk (203.256.3166), to register for lunch two days in advance of to cancel your lunch. **Donation: $5.**

Check in for lunch begins at 11:00.

If you need financial assistance, please call Social Services (203.256.3170) to make an appointment with a social worker. All inquiries will be kept confidential. **Chef Salad available as an entree substitution. Must order two days in advance.**

### October Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>1</td>
<td>Split Pea Soup</td>
<td>Tossed Salad</td>
<td>Beef Barley Soup</td>
<td>Mixed Greens</td>
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<tr>
<td></td>
<td>Breaded Chicken Cutlet w/Tomato</td>
<td>Braised Beef w/Ginger and Star</td>
<td>Pork Spare Ribs</td>
<td>Turkey Cutlet w/Mushroom Sauce</td>
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<td></td>
<td>Bruschetta</td>
<td>Anise</td>
<td>Brown Rice</td>
<td>Wild Rice Blend</td>
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<td></td>
<td>Zucchini</td>
<td>Stir Fry Vegetables</td>
<td>Stir Fry Vegetables</td>
<td>Carrots</td>
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<td></td>
<td>Mashed Potatoes</td>
<td>Mandarin Oranges</td>
<td>Yellow Cake w/Berry Compote</td>
<td>Honeydew</td>
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<tr>
<td>7</td>
<td>Mixed Greens</td>
<td>Tossed Salad</td>
<td>Onion Soup</td>
<td>Caesar Salad</td>
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<tr>
<td></td>
<td>Beef Brisket w/Red Wine and</td>
<td>Navy Bean Soup</td>
<td>Grilled Hamburgers</td>
<td>Cavatelli w/Italian Sausage and</td>
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<td></td>
<td>Raisins</td>
<td>Stuffed Breast of Chicken w/</td>
<td>Oven Fries</td>
<td>Broccoli Rabe in Garlic Sauce</td>
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<td>Red Cabbage</td>
<td>Mustard Cream Sauce</td>
<td>Lettuce and Tomato</td>
<td>Chocolate Cake</td>
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<td>Potatoes</td>
<td>Broccoli</td>
<td>Peach Melba</td>
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<td>Brownies w/Ice Cream</td>
<td>Rice Pilaf</td>
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<td>Watermelon</td>
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<td>14</td>
<td>Tossed Salad</td>
<td>Corn Chowder</td>
<td>Green Salad</td>
<td>Chicken Rice Soup</td>
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<td></td>
<td>Swedish Meatballs</td>
<td>Stewed Chicken w/Fall Vegetables</td>
<td>Sliced Roast Beef Au Jus</td>
<td>Stuffed Loin of Pork w/Gravy</td>
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<td></td>
<td>Noodles</td>
<td>Fettuccini</td>
<td>Roasted Potatoes</td>
<td>Sweet Potato</td>
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<td></td>
<td>Peas</td>
<td>Pineapple</td>
<td>Mixed Vegetables</td>
<td>Cantaloupe</td>
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<td>Walnut Cake w/Icing</td>
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<td>Chocolate Pudding</td>
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<td>21</td>
<td>Tossed Salad</td>
<td>Carrot Bisque</td>
<td>Caesar Salad</td>
<td>Minestrone Soup</td>
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<td></td>
<td>Swedish Meatballs</td>
<td>Seared Pork Chops w/Sour</td>
<td>Chicken Pot Pie</td>
<td>Beef Stew</td>
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<td></td>
<td>Noodles</td>
<td>Cherry pan gravy</td>
<td>Mixed Vegetables</td>
<td>Root Vegetables</td>
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<td>Peas</td>
<td>Faro</td>
<td>Orange</td>
<td>Mashed Potatoes</td>
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<td>Roasted Vegetables</td>
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<td>Cookies</td>
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<td>Rice Pudding</td>
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<td>28</td>
<td>Three Bean Soup</td>
<td>Kale Soup</td>
<td>For Information about Meals on</td>
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<td></td>
<td>Turkey BLT on Toast</td>
<td>Pesto Rigatoni with Broccoli</td>
<td>Wheels (Home Delivered)</td>
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<td></td>
<td>Lettuce and Tomato</td>
<td>and Lemon Ricotta</td>
<td>Please call 203.332.3264</td>
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<td>Macaroni Salad</td>
<td>Watermelon</td>
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<td>Split Pea Soup</td>
<td>Tossed salad</td>
<td>Kale Soup</td>
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<td>Beef Goulash</td>
<td>Eggplant Parmesan</td>
<td>Pesto Rigatoni with Broccoli</td>
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<td>Egg Noodles</td>
<td>Garlic Bread</td>
<td>and Lemon Ricotta</td>
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<td>Peas</td>
<td>Spinach</td>
<td>Watermelon</td>
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<td>Apricots</td>
<td>Ice Cream</td>
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For Information about Meals on Wheels (Home Delivered) Please call 203.332.3264
### October Calendar of Events

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>9:00 Morning Exercise</td>
<td>9:00 PACERS WALK</td>
<td>9:00 PACERS WALK</td>
<td>9:00 Quilting</td>
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<td>9:00 Table Tennis/Pool/Woodshop</td>
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<td>9:30 Sewing Bee</td>
<td>9:00 Weight Training</td>
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<td>9:00 Zamba</td>
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<td>9:30 Blood Pressure Check</td>
<td>9:00 Table Tennis/Pool/Woodshop</td>
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<td>9:00 Zumba Gold</td>
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<td>10:00 Senior Exercise</td>
<td>9:00 Table Tennis/Pool/Woodshop</td>
<td>10:00 Lifelong Learners</td>
<td>9:45 GFA Community Service</td>
<td>9:45 GFA Community Service</td>
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<tr>
<td>10:00 Lifelong Learners</td>
<td>9:30 Yoga</td>
<td>11:15 Garden Club</td>
<td>10:00 Body Balance</td>
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<td>11:00 Flex &amp; Stretch</td>
<td>10:00 Senior Exercise</td>
<td>10:15 Zumba</td>
<td>10:00 Lifelong Learners</td>
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<td>11:30 Watercolor Class</td>
<td>10:00 Lifelong Learners</td>
<td>12:30 Bridge</td>
<td>11:15 Pickleball</td>
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<td>11:30 Arthritis Exercise</td>
<td>10:00 Lifelong Learners</td>
<td>1:00 Poets’ Roundtable</td>
<td>12:30 Pickleball</td>
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<td>12:30 Pickleball</td>
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<td>1:00 Lifelong Learners</td>
<td>1:00 Scrabble</td>
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<td>1:00 Tai Chi</td>
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<td>9:00 Basic Zumba</td>
<td>9:00 Pinochle</td>
<td>4:45 Play for Pink</td>
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<td>6:30 The Green Corridor</td>
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<td>9:00 Table Tennis/Pool/Woodshop</td>
<td>12:30 Chess Club</td>
<td>5:45 Dinner</td>
<td>5:45 Dinner</td>
<td>6:30 Circle of Angels Group</td>
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<td>9:30 Sewing Bee</td>
<td>1:00 Model Airplane Club</td>
<td>4:45 CPD Meeting</td>
<td>4:45 CPD Meeting</td>
<td>8:30 VA West Haven</td>
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<td>1:00 Pickleball Clinic</td>
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<td>1:00 Tai Chi</td>
<td>6:30 The Green Corridor</td>
<td>9:00 Table Tennis/Pool/Woodshop</td>
<td>1:00 Lifelong Learners</td>
<td>1:00 Lifelong Learners</td>
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<tr>
<td>1:00 Lifelong Learners</td>
<td>8:30 VA West Haven</td>
<td>9:00 Table Tennis/Pool/Woodshop</td>
<td>1:00 Lifelong Learners</td>
<td>1:00 Lifelong Learners</td>
</tr>
</tbody>
</table>

**Activities subject to change.**

Updates included in weekly email blast when notified by instructor in advance.
Traveling Tuesdays in October
Paid registration of $3 required. Lunch on your own.

Tuesday, October 15: Take a trip to the Maritime Aquarium in Norwalk. Come see the sea with more 75 live exhibits featuring more than 2,700 marine animals of 300 species. Lunch at the Café. GBT bus leaves at 10:00 and returns by 2:30.

Tuesday, October 29: Enjoy Octoberfest at the Windmill Tavern in Stratford. One of the oldest neighborhood taverns in the country, it has been a landmark in Stratford since 1934. GBT bus leaves at 11:30 and returns by 2:30.

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.
- Refunds given up to a month prior to a trip. After that, refunds will be made only if a replacement is found for your spot. If you cannot find a replacement, you may call the Senior Center to see if there’s a waitlist. Trips are for Bigelow Center members only. If you are not a member, please join us. It’s free. Fill out a membership form at the desk.
- If you are interested in a trip that’s full, consider adding your name to our waiting list. We will call when seats open up.

Reminder: If you ordered lunch at the Center on any of these dates, please cancel lunch.

Big Trips in 2020
(Please stop by the front desk to pick up information)

Bliss to Beaches. Leave February 2 and return February 16, 2020 on Norwegian Cruise Line’s newest ship, the Bliss. Cruise the western Caribbean, departing from NYC with stops in Port Canaveral, Great Stirrup Cay, Ocho Rios, Jamaica, the Caymans, Honduras, Belize, Costa Maya and Cozumel. Balcony Cabin only:

Cruising Pacific Shores from Los Angeles to San Francisco to Vancouver. Leave May 2, return May 9, 2020. Passport Required. State rooms: * pricing based on double occupancy * Balcony or Interior Cabins available.

The Colors of Japan. The Land of the Rising Sun awaits. Leave May 13, return May 22, 2020. Enjoy shiny Tokyo, soak in a hot-spring, learn the art of flower arranging and stroll geisha districts. Delve into history in Hiroshima and explore the palaces in Kyoto and Osaka.


Tours of Distinction Travel Showcase.
We have some wonderful trips on the calendar in 2020. Join Tours of Distinction for an overview of: Cruising the Pacific; The Colors of Japan; France’s Hidden Canals/ the Loire Valley; and Scotland/Wales/England. Join us to learn about the trips, the itineraries and costs, as well as registration information. Shopping. Tuesday, October 8 at 10:30 AM. Registration required.

Aquaturf presents: Crooning the Classics! Dave Colucci and his musical guests will regale you with songs from artists like John Denver, Neil Diamond, Barry Manilow and more! $60 per person includes Coach bus from the Bigelow Center leaving at 9:30. Date: 11/12/2019. Time: 9:30 departure. 5:00 PM estimated return. Cost: $60 per person, limit 52.

New York Botanical Garden Holiday Train Show and Lunch at Ann & Tony’s on Arthur Avenue. Experience the magic of the Annual Holiday Train Show, a cherished seasonal tradition. After the show, stroll around the beautiful gardens where every season brings something new. Take a visit to Arthur Avenue, then onto lunch at Ann & Tony’s. Menu choice of Chicken Marsala, Veal or Eggplant Parm. Date: 11/26/19. Time: 8:45 departure, 7:15 PM estimated return. Cost: $120 per person.

A Rockwell Christmas. First a stop at the Red Lion Inn in Stockbridge before setting off to visit the Norman Rockwell Museum. The museum holds the largest and most significant collection of original Rockwell art. Enjoy a leisurely drive through forest Park’s Bright Nights while listening to holiday music. Date: 12/10, 2019. Time: 9:00 departure. 7:45 PM estimated return. Cost: $114 per person.

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Veterans Services and Resources

Complimentary Monthly Rides for Vets to VA Hospital in West Haven
The Bigelow Center has partnered with Trumbull Human Services Department and Greater Bridgeport Transit to provide monthly rides to Veterans to the West Haven VA Hospital. The new service, for all area Veterans, began in July and continues this and every month, on the last Friday of each month. The bus will stop at the Bigelow Center at 8:30 AM then proceed to the Trumbull Senior Center before departing for the VA Hospital in West Haven. The bus is to leave the VA by 3:00 PM, once all appointments of those on the trip have ended. The rides are free to Veterans and those accompanying them for appointments. Registration is required a week in advance at either senior center. Please call 203 256-3166 for more information or to register:

Veterans Affairs: No appointment necessary.
Ramon Agosto, from the Connecticut Department of Veterans Affairs, returns to assist Veterans and their families with benefits and services for Vets. Thursday, 10/17 at 12:30.

For additional information:
State of CT. Dept. of Veterans Affairs
752 East Main Street Room 190
Bridgeport CT 06608
Tel: 203-336-2570
Fax: 203-336-2569

Are you a Veteran and looking for work?
If you can are:
☐ a special disabled or disabled veteran, either discharged or released from active duty because of a service connected disability or entitled to VA compensation?
☐ low-income?
☐ homeless or expect to be within the next 14 days?
☐ an offender who is currently incarcerated or who has been released from incarceration?
☐ lacking a high school diploma or equivalent?
☐ a recently-separated service member (within three years), who has been unemployed for 27 weeks or more during the past 12 months?
☐ someone with part of your service during the Vietnam Era, Aug 5 1964 to May 7 1975 or in the Republic of Vietnam beginning Feb 28 1961?
☐ a veteran who is aged 18-24 or a transitioning service member aged 18-24?
☐ an active duty service member being involuntarily separated through reduction in force?
☐ a transitioning service member identified as in need of intensive services because you were assessed as not meeting career readiness standards, as documented on form DD-2958?
☐ a member of the Armed Forces who is wounded, ill, or injured and receiving treatment in a military treatment facility or warrior transitioning unit, or the spouse or other family caregiver of such an Armed Forces member?
Please contact Ryan Barry Veterans Outreach Program Specialist Connecticut Department of Labor (203) 455-2711
ryan.barry@CT.gov

Fairfield Social Services offers a comprehensive series of programs designed to help you organize and plan for the future. For information, please call the Social Services office (203-256-3170) to make an appointment.

Programs and services offered by Social Services to Fairfield residents regardless of income include:
- Advocacy
- Assessment
- Assistance with Applications for Other Agencies
- Information and Referral
- Case Management
- Consultation and Assistance to Other Town Departments and Community Agencies on Social Service Matters
- Consultation for Child Day Care Facilities Personnel
- Crisis Intervention
- Energy Assistance Applications – Intake Site for ABCD
- Eviction and Ejectment Receivership and Processing per CT State Statutes
- Provision of Emergency Assistance to Residents to Prevent Homelessness, Hunger and Illness
- Short Term Counseling
- Screening for Bridgeport Hospital Bed Fund and Bridge Fund Loan Program
- Screening for Food Pantry, Holiday Programs and Camp CONNRI
- Screening for Salvation Army Funds and Donations from Other Groups and Individuals

Low Vision Support Group
Next meeting: Wednesday, 10/2 at 10:30. Facilitated by Fairfield Social Services. All are welcome.

Diabetes and Chronic Disease Support Group next meeting: Tuesday, October 8, 2019. For information all 203-256-3150..

Worried But Well: Back by popular demand! Wednesday, October 9 at 11:00 AM. Have you ever wanted to say something but could not think of the right word? This phenomenon is known as ‘tip of the tongue’ syndrome. While frustrating, it is completely normal, age-related condition and you are not alone! However, wouldn’t it be great to develop strategies for memory management to avoid such experiences? Try the Worried but Well discussion group. Join us if you are experiencing normal age-related changes to memory. Facilitated by Heather Gately, owner of Home Instead and Kimberly Sola, a registered nurse. Heather, recently relocated from Galway, Ireland where she was the founder and CEO of Dare to DREAM, Ireland. Dare to D.R.E.A.M..
The Town of Fairfield provides curb-to-curb bus services to Fairfield residents who are seniors 60 years and older, people with disabilities (all buses are wheelchair lift equipped), and Veterans for:

- Daily trips to the Senior Center and Social Services
- Weekly grocery shopping
- Medical appointments
- Special approved trips
- Library
- Mall and Hairdresser

The drivers are not permitted to assist individuals as they 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 aide or family member. Individuals with disabilities may enter and exit the vehicles using assistive devices such as canes or walkers. Individuals in wheelchairs will receive assistance to enter the wheelchair lift and will be secured by the driver once on the bus.

**Bus transportation includes:**
- Group trips for shopping and entertainment.
- Veteran trips to West Haven VA Hospital through GBT.

**To request appointments for bus rides:**
Submit Fairfield Senior Center Member Registration Form to transportation or main office.

- Please make appointments as soon as possible to avoid being turned away, first reserved – first served.
- Please notify of cancellations as soon as possible to avoid unnecessary trips.
- Notify dispatcher of disabilities, i.e. wheelchair. Those not ambulatory require an aide.

**Members must be ready one hour prior to appointment. Please be prompt.** Return trips home from Center lobby at 12:30 and 2:30 PM.

**Dial-A-Ride:**
203-579-7777. Dial-A-Ride supplements the town-provided Senior Center Transportation and the GBT-provided fixed route buses and the ADA service. Service is available seven days a week. 6:00 AM to 10:00 PM. Applications are available in the Social Services Office.

**Medical**
- Appointments are limited daily. Make appointments as soon as possible, not less than 24 hours in advance. Must be prepared for pick-up one hour prior to appointment. Returns as soon as possible when notified.
- Medical appointments to Bridgeport between 10:30 AM and 1:30 PM. Returns until 2:30 PM. Fairfield Doctors and Medical appointments 10:30 AM to 2:00 PM. Return until 3:00 PM.

**Grocery shopping:**
To Stop and Shop, Shop Rite and Trader Joes
For individuals: Tuesdays pick up after 9:00. Groups at Housing (Thursday pick-up 11:30).

In Case of Inclement Weather

If Fairfield Public Schools are **closed** due to inclement weather, all Bigelow Center activities/classes/transportation/lunches are cancelled and the Senior Center will be **closed**. If Fairfield Public Schools are **delayed**, the Bigelow Center **morning** activities, classes and transportation services that begin before 11:00 a.m. are **cancelled but lunch will be served**.

**Bigelow Center Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC on the radio; and on the CT Post and Fairfield Citizen websites.** If travel becomes hazardous during the course of the day due to bad weather, staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.

Summer seems like so long ago. Here are a few highlights: Fred Klamka and some of the Lady Pioneers from SHU who helped at lunch; The Friends at the 2nd Annual Sunset Road Race; and some of the gang enjoying the SoundWaters cruise.
**Exercise Classes**

**Zumba with Laura**—A fusion of Latin and International music/dance themes that create a dynamic, exciting, and fun environment. Cost: $5 per class. Mondays at 9:00.

**Senior Exercise with Laura**—Offers low impact aerobics that are safe with simple moves with light weights, heavier weights and bands, helping to improve cardiovascular health. Cost: No charge. Mondays and Wednesdays at 10:00.

**Flex and Stretch with Laura**—Work on stretching, flexibility and range of motion. Bring balance, flexibility, and stretching to your workout routine. Cost: No charge. Mondays and Wednesdays at 11:00.

**Arthritis Exercise with Laura**—Covers a variety of range-of-motion and endurance-building activities. All of the exercises can be modified to meet participant needs, you may stand or sit. Cost: $5 per class payable to instructor. Mondays and Thursdays at 1:00.

**Tai Chi with Jonathon**—One of many alternative therapies that can provide relief from pain. Tai Chi is designed to improve quality of life for people with arthritis. Cost: $5 per class payable to instructor. Mondays and Wednesdays at 11:30.

**Morning Exercise with Nancy**—Jump start your day with a combination of stretching, balance, aerobic and strength exercises help improve overall flexibility and physical endurance. Cost: No charge. Dates: Tuesdays at 9:00.

**Zumba with Germaine**—A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy. Cost: No charge. Tuesdays at 10:15.

**Yoga for Seniors with Lisa**—Wednesdays at 9:30 (Please register at Fairfield Continuing Education).

**Body Balance with Lauren**—A gentle movement class with emphasis is placed on deep breathing. Can be done standing or seated in a chair. Cost: Tuesdays at 11:30 ($5 per class) and Fridays at 10:00 (no charge).

**Strength and Stretch Training with Sandy**—Utilizing balls and weights while sitting and standing, you will stretch and strengthen all muscle groups. Cost: $5 per class payable to instructor. Wednesdays at 9:00.

**Weight Training with Diane**—Uses heavy and light weights, and also incorporates use of a soft ball. We work in and out of a chair listening and occasionally dancing to great music! Cost: No charge. Thursdays at 9:00.

**Zumba with Diane**—A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy. Cost: No charge. Thursdays at 10:00. Please note new start time.

**Zumba Gold with Pauline**—Moves you love at the intensity you want. Fun and easy to follow, you’ll get a total workout. Class focuses on balance, range of motion and coordination. Cost: $5 per class payable to instructor. Fridays at 9:00.

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**Fairfield Picklers Play for Pink**

Pink Pledge is a month-long, community-wide, awareness and fundraising campaign to benefit Norma Pfriem Breast Center. The Bigelow Pickleballers are doing their part by offering two opportunities to support the Pink Pledge.

1. **Thursday Night Pickleball**—Open to Bigelow Senior Center Members who play pickleball.
   - Dates: Four nights in October: 10/3 10/10, 10/17, & 10/24
   - Time: 4:45—8:00 PM
   - Cost: minimum donation of $60 includes T-shirt, light supper and gift bag. Advanced registration before 8/30/19. Play for Pink shirt required for admission to each session.

2. **1st Annual Pickleball Tournament**—Open to all BLUE and RED level players (Blues play Blues, Reds play Reds). Round robin format. Doubles play only. Random partner selected. Refreshments and snacks will be provided.
   - Date: Saturday, November 2
   - Time: 9:00 – 1:00 PM
   - Cost: minimum donation of $35 includes T-shirt and gift bag. Advance registration.

   **Thank you to our sponsors:** Sturges Ridge, Maplewood Senior Living, ComForCare, Wilton Meadows, Synergy Homecare and Paradigm of Norwalk.

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**Happy Retirement Barbara!**

We’re so excited to hear about your next chapter, and will miss you so much. Thank you for the joy and laughter, and sweat, you gave us. Please check in with us from time to time to keep us posted on your family and new adventures.

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**Pickleball Play Times**

Mondays and Tuesdays from 12:30 – 4:30; Thursdays from 1:00 – 4:30. Extended hours: Thursdays, 9/17 – 11/14 play until 8:00 PM.

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**New! Pickleball Instruction at the Bigelow Ctr**

Thursdays, 10/3 – 10/31 from 1:00 – 2:00 PM. Instructor: Betsy Hulme. Learn to play the fastest growing sport in North America. Pickleball is a mixture of Tennis/Pool, badminton and ping pong and is a great source of cardio. Cost: $25/five sessions. Space is limited. Advanced registration at the Bigelow Center required. Call 203-256-3166 for details.
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CALL DAVID ADAMS AT:
(203) 545-6600
OR EMAIL:
DJADAMS@ADAMSBEN.COM

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Save the Date: BARN DANCE!
A FUN FUNDRAISER BY THE FRIENDS OF THE BIGELOW CENTER FOR SENIOR ACTIVITIES

Join The Friends on Saturday, November 2, 2019 for a Barn Dance at the Bigelow Center (100 Mona Terrace). Enjoy circle dancing, square dancing, and the Virginia Reel led by Bill Fischer, a well known dance instructor and caller in Fairfield and New Haven counties. He will be accompanied by Bill Wallach playing the mandolin, and Dave Howard on the guitar. Bring your friends. No partner needed. Western attire optional. Tickets for this adult-only event are $30 per person. Reservations are required by October 25th. Bring your own food and non-alcoholic beverage. Complimentary dessert and coffee/tea will be provided. The doors open at 6:45 p.m. with live music from 7:30 p.m. until 9:30 p.m. For more information, call the Bigelow Senior Center for more information: 203-256-3166.

The Friends of the Bigelow Center
The Friends of the Bigelow Senior Center is a charitable entity whose mission is to raise and administer funds to enhance programs, services, and facilities of the Bigelow Senior Center. The Friends, in collaboration with the Bigelow Center staff, sponsor The Friends’ Fall Thursday evening speaker series which, as always, are accompanied by a light supper.

Lifelong Learners Second Session
Classes Begin Tuesday, 10/15
Advance registration required

FALL 2019 SECOND SESSION
October 15 – November 25
No classes 10/8, 10/9 or 10/14

Mondays – Art in France in the 19th Century - #1638
Fiona Garland – 1:00 P.M. – 2:00 P.M.
10/21, 28, 11/4, 18

Tuesdays – Godless: Atheism and Skeptical Thought in the West - #1639
Dr. Patricia Behre – 10:00 A.M. – Noon
10/15, 22, 29, 11/5, 12

Tuesdays – Monetary and Fiscal Policy in the Aftermath of the Great Recession - #1640
Dr. Mark LeClair – 1:00 P.M. – 3:00 P.M.
10/15, 22, 29, 11/5, 12, 19

Wednesdays – Stories of Jewish Resistance - #1641
Dr. Ellen Umansky – 10:00 A.M. – Noon
10/16, 23, 30, 11/6, 13


Wednesdays – Renowned Conductors - #1643
Bob Fatherley 1:00 P.M. – 3:00 P.M.
10/30, 11/6, 13, 20

Thursdays – Genes: What Makes You, You - #1644
Arlene Johnson – 10:00 A.M. – Noon
10/17, 24, 31, 11/7, 14

Thursdays – Bad Girls in the Bible - #1645
Dr. Elissa Kaplan – 1:00 P.M. – 3:00 P.M.
10/17, 24, 31, 11/7, 14, 21

Fridays – Theatrical Presentations of Aging - #1646
Ruth Anne Baumgartner – 10:00 A.M. – Noon
10/18, 25, 11/1, 8, 15, 22

All sessions are held at the Bigelow Center. There are no prerequisites or mandatory assignments – just a relaxed, casual learning experience to enjoy at your own pace. The tuition is $20 per course plus an annual $15 registration fee valid from September through June. You will be notified if, due to class size limitations, we are unable to accommodate any of your selections.

The Bigelow Center is CLOSED Monday, 10/14 for Columbus Day.