

BIGELOWCENTER

FOR SENIOR ACTIVITIES

The Newsletter of the Bigelow Center for Senior Activities
100 Mona Terrace, Fairfield CT 06824 203-256-3166

August 2023
www.fairfieldct.org/bigelowcenter



Celebrating Elvis Week!

Thursday, August 10, 12:00-1:30: Join us for lunch and entertainment with Elvis! Enjoy a southern style lunch with BBQ Pulled Pork, Cole Slaw, Rolls and Watermelon. We welcome "Elvis" as he entertains us with music and laughter. Rob Lutz, "Elvis" is an award winning tribute artist performing for over 15 years. He'll be available for photos too so get your cameras ready! Space is limited. **Register for all events on MyActiveCenter.com. If you do not have computer access, call 203-256-3166.**

Friday, August 11 at 12:45 **Elvis movie: Viva Las Vegas!**

A race-car driver, preparing for the Grand Prix, wiles his time in Las Vegas working as a waiter to pay for his new engine. Soon, he strikes up a romance with a beautiful young woman. Starring Elvis Presley and Ann-Margret. The film is regarded by fans and film critics as one of Presley's best films, and it is noted for the on-screen chemistry between Presley and Ann-Margret.



Bigelow Center Membership Renewal

Have you renewed your Bigelow Center Membership? Everyone must renew each year even if your information is the same. Membership for Fairfield residents is free. The annual out-of-town membership fee is \$25. [Click Here](http://www.fairfieldct.org/Bigelow/Membership) (www.fairfieldct.org/Bigelow/Membership) to renew or join online and to pay the out-of-town membership fee, or stop by the Bigelow Center to fill out a membership form and pay by cash or check, payable to the Bigelow Center. Fall semester registration for members begins this month for exercise classes and Pickleball.

Fairfield residents may begin to register on Monday, 8/14 at 9:00AM. Out-of-town members may begin to register on Monday, 8/21 at 9:00AM.

Parenting Teens in the Age of Anxiety How We Can Make Worry Work Wednesday, September 13, 2023 6:30-8:00 PM



Fairfield Warde High School
Anxiety is an unavoidable part of parenting today. Dr. Dana Dorfman discusses and shows parents how to turn their unique parenting anxiety patterns into an advantage, not a liability.

Presented and facilitated by the Fairfield Collaborative for Youth Mental Health.



Back to School. Already? It feels like summer just started! But it's not too early to be thinking about Back to School. Fairfield Social Services is collecting gift cards and donations to help Fairfield's students get ready for a strong start to the new school year.

If you would like to help a Fairfield student, please consider mailing or dropping off gift cards: Amazon, Walmart or Target - anywhere families may shop for their loved ones for the Back to School. Cash donations to purchase gift cards are also helpful.

For information about how to donate, call 203-256-3170.

Bigelow Center Trips with Friendship Tours

Detailed Information for all trips at the Center



Thursday, September 28— 9/11 Memorial Museum & Memorial, \$109pp (Registration and payment due by 8/11)

Thursday, November 30— Radio City Music Hall and The Rockettes. Lunch at Rockefeller Bills Burgers; \$214pp, Orchestra/1st Mezzanine, Tour Director and Coach Bus.



Sacred Heart University Age Healthy Expo

Wednesday, August 2, 11:00—1:00

Sacred Heart University Doctor of Physical Therapy students will host a health exposition at the Bigelow Center. Learn about a wide range of topics that fall within the physical therapy scope of practice, including the benefits of physical therapy, recreational activities, how to stay strong and stable, fall risk screening, hydration and nutrition, sleep patterns, and importance of checking vital signs. Stations will be interactive and informative.

Stop in between 11:00-1:00, registration not required.



Rock Painting for Rocco the Snake
Monday, August 7, 10:00—12:00
at the Bigelow Center

Fairfield Parks & Recreation has created an activity in which everyone in town can participate!

"Rocco" the Rock Snake is a collection of painted rocks located at Riverside Park on Brookside Drive. We'll be painting rocks at the Bigelow center on 8/7 anytime between 10-12 to add to Rocco! More than 800 rocks have already been added. We'd love the Bigelow Center to be part of this fun, town-wide event.

No artistic experience required and all materials will be provided!



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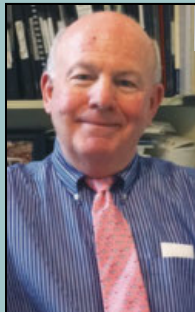
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More To Do!

Bigelow Center Movies

Monday Movies at 12:45

August 7: *Boomerang*. Director Elia Kazan won critical acclaim for this vividly portrayed true-crime drama set in Stamford CT in 1947. Dana Andrews stars as a District Attorney out to bring the suspected murderer of a beloved priest to justice. Jane Wyatt and Lee J. Cobb play supporting roles. 85 minutes. CC.

August 14: *In a Lonely Place*. In this 1950 film Humphrey Bogart gives one of his best performances as a veteran screenwriter whose career is at a dead end. Film Noir favorite Gloria Grames co-stars. 94 minutes CC.

August 21: NO MOVIE.

August 28: *The Burglar*. This little known 1957 crime thriller with typical noir twists and turns stars Dan Duryea as a cunning jewel thief hoping to pull off his final heist. In a rare serious role Jayne Mansfield plays one of the accomplices. 90 minutes. Based on a novel by famed crime writer David Goodis. No CC.

Friday Movies at 12:45

August 4: *Creed II*. In 1985, Russian boxer Ivan Drago killed former U.S. champion Apollo Creed in a tragic match that stunned the world. Against the wishes of trainer Rocky Balboa, Apollo's son Adonis Johnson accepts a challenge from Drago's son. 125m

August 11: *Elvis Movie—Viva Las Vegas*. All musically gifted race-driver Lucky Jackson (Elvis) wants in Las Vegas is to score enough money for a new car motor so he can win the Grand Prix. When he encounters sexy swimming instructor Rusty (Ann-Margret) he considers staying around longer.

August 18: *The Lunch Box (Foreign Film Choice)*. This 2013 film about contemporary India is set in the bustling metropolis of Mumbai where housewives still prepare hot lunches for their office-working husbands. A dedicated courier service delivers the lunch box right to the desk each day. This is the story of one lunch box delivered to the wrong desk with surprising consequences. 105 minutes. CC

August 25: NO MOVIE



Eye Health Presentation **Wednesday, August 2 at 10:00**

August is National Eye Exam Month. Hear about the different kinds of diagnosis and diseases that can occur from your eyes. Recognizing signs, symptoms, and prevention tips. Learn about eye health and overall structure of the eye. Presented by Wilton Meadows.

Register on MyActiveCenter or call 203-256-3166.

August Bingo

Tuesday, August 15, 12:30—1:45

Join us for a variety of bingo games with prizes. Thank you to Wilton Meadows for sponsoring and providing prizes!

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



Brain Games

Wednesday, August 16 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 for assistance: 203-256-3166.**



Lifelong Learners Open House **Monday, August 7, 9:30—11:30**

Stop in on Monday, August 7 anytime between 9:30—11:30 to learn about the fall line-up and future programs offered by Lifelong Learners. No registration required.

All programs are held at the Bigelow Center.



ONE-ON-ONE TECH HELP **FAIRFIELD LIBRARY**

Need help with your laptop, iPad, Kindle, smartphone or other device? Call the Library to set up an appointment with a member of the staff or volunteer. Sessions are educational in nature, and patrons should have a clear goal of what they would like to learn during their session. Please call the information desk at (203) 256-3160 or email eref@fplct.org.



Blood Pressure Screening **Mondays, August 7 & 21, 9:30—11:30**



Cooking with Chef Caryn **Friday, August 4, 10:30—11:30**

Chef Caryn will show us how to make home-made tortellini and how to fill and shape tortellini. **Register on MyActiveCenter or call 203-256-3166.** Sponsored by ComForCare.

Bunco

Tuesday, August 29 at 1:00

All are welcome to play this fun game! No skill or experience required, just a willingness to laugh and roll the dice. Registration not required.



Cornhole Tournament **Friday, August 18, 11:00—12:00**

Join SASO volunteers (Student Athletes Serving Others) for Cornhole! Create your own team or play with others. Teams will be created right before the game.

Register on MyActiveCenter or call 203-256-3166.

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

Social Bridge—Tuesdays at 1:00

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

Drop In Art—Fridays, 12:30—3:00

Bring your own projects and supplies and spread out! All work must be brought home.

Coming This Fall

Coming In September at the Bigelow Center Thursday, September 7 5:00—7:00

The Bigelow Center and the Westport Center for Senior Activities join together at the

Bigelow Center for a Pizza Extravaganza!

New Haven is famous for its pizza. We'll taste-test Sally's and Pepe's pies. Which is your favorite?



Afterwards, enjoy the Indie Film Documentary, **Pizza**

A Love Story, to learn about the history, the families, the love and

design that goes into each pie, and discover a completely new appreciation for pizza as true culinary art.

Cost: \$5. Space is limited. Registration required. Register on MyActiveCenter. If you don't have a computer call 203-256-3166.



Beginner Pickleball Clinic Four-Week Class Mondays, 12:30—2:30 September 11—October 2

Learn to play Pickleball! Instructor John Hock, PPR Certified Professional, USA Pickleball member and Bigelow Senior Center member, will teach the basics through drills, game play, correct paddle positioning and balanced footwork.

BYOP—Bring your own paddle. Please wear proper footwear. Balls and net provided. There will also be an opportunity for open play from 2:30—3:30 if you wish to stay.

Limited to eight players. **Fee: \$80. Register on MyActiveCenter. If you don't have a computer call 203-256-3166.**

Activities resuming in September

Men's Group

Chronic Disease and Diabetes Support Group facilitated by the Fairfield Health Department

Fairfield Public Library's Senior Literary Society

(The September book choice: The House is On Fire, by Rachel Beanland.)

Spanish Language Class

Wednesdays, September 13—November 22
10:00—Beginner Class
11:00—Intermediate Class

Learn a new language! Join Spanish Teacher, Luz Rincon, to learn the basic grammar and structure of this beautiful language in addition to basic sentences and expressions to communicate for fun? **Fee: \$120.**

Register on MyActiveCenter. If you don't have a computer call 203-256-3166.



NEW CLASS—Coming this fall!

Chair Yoga Mondays at 9:00

You asked and we heard you. We are happy to offer Chair Yoga with instructor Jennifer Seidman. Chair yoga is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Registration information on page five.



SAVE THE DATE

Thursday, September 21, 2023

The Friends of the Bigelow Center will be hosting a Wine Tasting Event at the Jackie Durrell Pavilion in September to support our programs and services. Details to follow. For more information email FriendsOfTheBSC@gmail.com.



Social Services Programs

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. **For more information, please call Kristin Hosp 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.**

Ukulele Lessons with David Coe

Ukulele lessons continue for an 11week session.

Thursdays, September 7—November 16

10:00—11:00: Beginner Class

11:00—12:00: Intermediate Class

Small, portable, relatively inexpensive, and fun to play. If you're thinking of learning to play ukulele, there's no time like the present! **Instructor fee: \$120. Rental: \$20.**

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



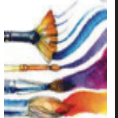
Watercolor Art Class on Tuesdays

9/5, 12 & 19 and 10/10, 17, 24 from 10:00—12:00

Explore your creative side with instructor Linda Downey, local artist and art teacher for more than 35 years. Beginners and previous students welcome.

For beginners, during the first two weeks you will learn watercolor techniques and learn about the process and the paints. For the next three weeks you'll combine the techniques into simple paintings. For experienced students, you'll add more techniques, more tricks, and more simple paintings.

All levels welcome. Materials provided. **Fee: \$100pp. Each class meets for two hours. Register on MyActiveCenter. If you don't have a computer call 203-256-3166.**



Fairfield's Commission on disAbilities Needs Assessment Survey

The Town of Fairfield strives to achieve an inclusive, accessible, and equitable community for people with disabilities. We addressing accessibility and removing physical barriers for persons with disabilities with curb cuts for sidewalks, ramps for buildings, accessible pathways in parks, accessible pedestrian signal. The Commission on disAbilities is working to help increase awareness about issues and opportunities affecting people with disabilities. Please take a moment to complete the Commission on disAbilities/Sacred Heart University Needs Assessment survey to help us identify any gaps in resources or services in Fairfield. [Click here](#) to complete the survey.

Fall Semester Information for Exercise & Pickleball
September 5—November 30
No class on Monday, 10/9, Friday, 11/10, Thursday, 11/23 and Friday, 11/24

Class	Day/Time	Fee (\$3/per class)
Chair Yoga with Jennifer <i>Class begins 9/11</i>	Mondays at 9:00	\$30 (10 classes)
Zumba with Pauline <i>Class begins 9/11</i>	Mondays at 10:00	\$33 (11 classes)
Body Balance with Lauren <i>Class begins 9/11</i>	Mondays at 11:00	\$33 (11 classes)
Tai Chi with Jonathan <i>Class begins 9/11</i>	Mondays at 1:00	\$33 (11 classes)
Morning Exercise with Nancy <i>Class begins 9/5</i>	Tuesdays at 9:00	\$39 (13 classes)
Zumba with Germaine <i>Class begins 9/5</i>	Tuesdays at 10:15	\$39 (13 classes)
Yoga with Cindi <i>Class begins 9/6</i>	Wednesdays at 9:00	\$39 (13 classes)
Zumba with Pauline <i>Class begins 9/6</i>	Wednesdays at 10:00	\$39 (13 classes)
Weight Training with Diane <i>Class begins 9/7</i>	Thursdays at 9:00	\$36 (12 classes)
Zumba with Germaine <i>Class begins 9/7</i>	Thursdays at 10:15	\$36 (12 classes)
Tai Chi with Jonathan <i>Class begins 9/7</i>	Thursdays at 1:00	\$36 (12 classes)
Body Balance with Lauren <i>Class begins 9/8</i>	Fridays at 10:00	\$30 (10 classes)
Cardio Drumming with Liz <i>Class begins 9/8</i>	Fridays at 1:00	\$30 (10 classes)

Registration begins this month for the fall semester of exercise classes and Pickleball. Fairfield residents may begin to register on **Monday, August 14 at 9:00AM**. Out-of-town members may begin to register on **Monday, August 21 at 9:00AM**.

Registration may be done two ways:

1. Register AND pay by credit card online at myactivecenter.com (account must be set up ahead of time.)
2. In person, beginning at 9:00 AM on the day registration opens. Payment must be with cash or check. **We do not accept credit card payment at the Center.**

You will not be fully registered for the class until payment is received.

When you register for a class you are registering for the entire semester of classes. Out-of-town members must have their \$25 annual

Pickleball Information

Pickleball does not have an instructor and is open play. A maximum of 24 people may register, per time-slot with two courts. You may only register for one time-slot per day. No beginner players at this time, only intermediate to advanced. We do not allow subbing.

Pickleball <i>Class begins 9/5</i>	Tuesdays, 11:30 – 1:30	\$39 (13 classes)
Pickleball <i>Class begins 9/5</i>	Tuesdays, 2:00 – 4:00	\$39 (13 classes)
Pickleball <i>Class begins 9/7</i>	Thursdays, 11:30 – 1:30	\$36 (12 classes)
Pickleball <i>Class begins 9/7</i>	Thursdays, 2:00 – 4:00	\$36 (12 classes)

AUGUST 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

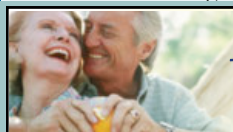
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<p>Café Manager available Monday, Wednesday and Friday from 9:00am—1:00pm.</p> <p>All reservations must be made 2 business days in advance by 10:00am.</p>	1	2 Cream of Broccoli Crabmeat Salad Sandwich 3 Bean Salad, Cucumber, Onion Hot Dog Roll Watermelon	3	4 Teriyaki Pork Fried Rice Oriental Vegetables Fortune Cookie Whole Wheat Bread Pineapple Chunks
7 Florentine Chicken Lemon Orzo Broccoli & Red Pepper Whole Wheat Bread Birthday Cake	8	9 Chef Salad with Ham, Turkey, Cheese, Egg & Veggies Breadstick Fresh Fruit	10	11 Shepard's Pie with Beef, Mashed Potato and Corn Scandinavian Veggies 12 Grain Bread Chocolate Chip Cookies
14 Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw Corn Muffin Ice Cream	15	16 Baked Fish Buttered Rice with Peas & Mushrooms Squash Medley Tartar Sauce Rye Bread Orange	17	18 Roast Beef with Horse- radish Sauce Mashed Potatoes Brussel Sprouts 12 Grain Bread Fruited Yogurt
21 Italian Sausage (mild) With Onions & Peppers Rice Pilaf Spinach Club Roll Fruit Cocktail	22	23 Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese Italian Bread Lemon Pudding	24	25 Hot Dog Baked Beans Sauerkraut Hot Dog Roll Watermelon
28 Chicken Piccata Linguini Broccoli with Red Pepper Dinner Roll Chocolate Pudding	29	30 Kielbasa Pierogis Red & White Cabbage Rye Bread Apple Pie	31	

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August 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
REMINDER NO EXERCISE CLASSES OR PICKLEBALL THE LAST TWO WEEKS OF AUGUST.	1. 9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 1:00 Bridge 2:00 Pickleball	2 10:00 Eye Health Talk 11:00-1:00 Health Expo 9:00 NO Yoga 9:30 Table Pool/Ping Pong/Wood Shop 10:00 Zumba w/Pauline 10:00 Canasta 11:30 Wacky Wednesday 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess	3 9:00 Weight Training 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 1:00 Tai Chi 2:00 Pickleball	4 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Body Balance 10:30 Cooking w/Caryn 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming
7 9:00 Pacers 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 9:30—11:30 Open House: Life Long Learners 10:00—12:00 Rock Painting 10:00 Zumba with Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:45 Movie 1:00 Tai Chi	8 9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 1:00 Bridge 2:00 Pickleball	9 8:45 Wacky Wednesday 9:00 Yoga 9:30: Table Pool/Ping Pong/Wood Shop 10:00 Zumba w/Pauline 10:00 Canasta 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess	10 9:00 Weight Training 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 12:00 Lunch with Elvis 1:00 Tai Chi 2:00 Pickleball	11 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming
14 9:00 Registration for Fairfield Residents 9:00 Pacers 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 10:00 Zumba with Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:45 Movie 1:00 NO TAI CHI	15 9:00 Morning Exercise 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 12:30 Bingo 1:00 Bridge 2:00 Pickleball	16 9:00 Yoga 9:30 Table Pool/Ping Pong/Wood Shop 10:00 Zumba w/Pauline 10:00 Canasta 10:00 Brain Games 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces & Chess	17 9:00 Weight Training 9:30 Table Pool/Ping Pong/Wood Shop 10:15 Zumba w/Germaine 11:30 Pickleball 1:00 NO TAI CHI 2:00 Pickleball	18 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 11:00 Cornhole Tournament 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art 12:45 Movie 1:00 Cardio Drumming
21 9:00 Registration for Out of Town members 9:00 Pacers 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 12:00 Lunch 12:00 Pinochle 12:45 NO MOVIE	22 9:30 Table Pool/Ping Pong/Wood Shop 1:00 Bridge	23 9:30 Table Pool/Ping Pong/Wood Shop 10:00 Canasta 10:15 Wacky Wednesday 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess	24 9:30 Table Pool/Ping Pong/Wood Shop	25 9:30 Table Pool/Ping Pong/Wood Shop/Hook & Needle 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Open Art NO MOVIE TODAY
28 9:00 Pacers 9:30 Table Pool/Ping Pong/	29 9:30 Table Pool/Ping Pong/Wood Shop	30 9:30 Table Pool/Ping Pong/Wood Shop	31 9:30 Table Pool/Ping Pong/Wood Shop	



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Lifelong Learners: Fall Session

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. ***Stop by the Center on Monday, August 7, 9:30—11:30 to meet the board members hear more about their offerings and the upcoming classes!***

Fall Lifelong Learner Schedule—Class prices in the brochure.

No Classes: Friday 9/15, Rosh Hashanah; Monday 9/25, Yom Kippur; Monday 10/9, Columbus Day



Mondays, 1:00 – 3:00: BRITAIN AND ITS EMPIRE, From 1800 to Now with Dr. William Abbott. September 11, 18, October 2, 16, 23

This course discusses Britain's Industrial Revolution of the early 1800s, the growth of the "second" British Empire, which included India, Hong Kong, Malaya, Australia, and South Africa, along with Ireland, Canada, and the West Indian islands. We will examine the culture clashes between Britons and the native peoples. *William Abbott is an Associate Professor of History at Fairfield University specializing in British history, Irish history, Western Civilization, and War in Western history.*



Tuesdays, 10:00 – Noon: REIMAGINING RELIGIOUS AWE with Dr. Ellen Umansky. September 5, 12, 19, 26, October 3

Jewish religious thought is traditionally seen as rooted in belief in a supernaturalist God who created the world and humanity and who chose the Jewish people to become holy by observing specific commandments that God had given to them. But beginning in the early 20th century, a growing number of Jews — both rabbinic and lay — began to question, if not reject, this traditional view of God. Many came to see themselves as Jewish naturalists, emphasizing God as a power or process in ourselves and the world. *Ellen M. Umansky, PhD, is the Carl and Dorothy Bennett Professor of Judaic Studies Emerita at Fairfield University. Dr. Umansky is the author of many essays, book chapters, encyclopedia articles and books.*



Tuesdays, 1:00– 3:00: BARBARA STANWYCK MOVIES—Dr. Frank DeStefano September 5, 12, 19, 26, October 3

Although nominated four times, Barbara Stanwyck never won an Academy Award for Best Actress. Today, many film critics regard her as one of the greatest, if not the greatest actress in Hollywood history. The five films in our series, ranging from 1940 to 1944, show her at peak form, whether it be comedy or drama: ***Remember the Night; The Lady Eve; Meet John Doe; Ball of Fire; Double Indemnity.*** *Dr. DeStefano has a PhD in History from Fordham University and also hosts a Foreign Film Festival and Monday Movie Matinee featuring "film-noir" classics from the 40s and 50s at the Bigelow Senior Center.*



Wednesdays, 10:00– Noon: MASTERPIECES OF THE MET—Marcie Slepian. September 6, 13, 20, 27, October 4

The Metropolitan Museum of Art is an amazing cultural resource close to us. This course will explore some of the galleries with some of the most well known and beautiful paintings and sculpture in the world. You can enjoy the "tours" and also be prepared to visit on your own: ***Medieval Treasures and the Northern Renaissance; The Renaissance in Italy; The Seventeenth Century, including the Rembrandt Room; France and Impressionism; The Robert Lehman Collection.*** *Dr. Marcie Slepian has an A.B. from Brown University in Art, and a PhD from Yale University in the History of Art. Her specialties include the Renaissance and the early 20th Century.*



Wednesdays, 1:00 – 3:00: THE COMPUTER CHIP REVOLUTION and How They Are Made with David Shafer. September 6, 13, 20, 27, October 4

They say that people with a weak stomach should not see how laws and sausages are made. The opposite is true of the incredible technology used to make the computer chips used in our phones, cars, TVs and computers, and which is much in the news these days. It is fascinating to learn about what has been achieved, which makes sending a person to the Moon or Mars trivial in comparison. *Dave Shafer has designed high-tech optical systems for the last 57 years in the fields of laser nuclear fusion, top secret military projects, cinematography camera lenses, space telescopes, and the optical systems used to make computer chips.*



Thursdays, 10:00 — Noon: UNDERSTANDING MENTAL ILLNESS with Art Gottlieb September 7, 14, 21, 28, October 5

Mr. Gottlieb will refer to case examples from his year of professional experience working as a Licensed Clinical Social Worker and Certified Senior Advisor. Topics concerning personal, interpersonal and interfamily dynamics will be covered, focusing on practical and relevant information useful for everyday life. Discussions will be interactive and conducted in plain language without any unnecessary psycho-jargon. Topics include: Defining Mental Illness; The Individual Dialogue and the Outside World; Biologically Based Mental Illness; Psycho-Socially Based Mental Illness; Clinical Case Examples; Questions Answered; Advice Given. *Art Gottlieb LCSW, CSA is a local historian on subjects of political and military history. For the past 15 years Art has refocused his professional efforts towards reaching out and addressing the growing needs of aging veterans and their families and others in his psychotherapy practice.*

Thursdays, 1:00– 3:00: CLIMATE CHANGE SCIENCE - Our House is on Fire with Dr. Erica Kipp-Sinanis.

September 7, 14, 21, 28

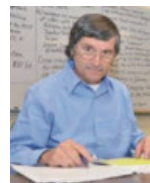
Climate change refers to the shifts in our global temperatures and weather patterns. Learn the many causes of climate change, understand the legislation that addresses some of these causes and examine mitigation efforts. Only when we understand climate change can we make informed decisions as consumers and work towards healing our planet. Our house is on fire, let's work together to put out the flames. *Erica Kipp-Sinanis is an environmental scientist and professor at CT State Community College, teaching biology, chemistry, ecology and environmental science for over 20 years. Dr. Kipp's research on plant response to climate change has been published in scientific journals.*



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. *Evan Weiner is an award-winning journalist and recognized global expert. He has been a radio commentator and TV pundit on MSNBC and ABC. He is also an author of 11 books and a frequent college speaker. Evan has been a regular on BBC radio and quoted in Bolivian and Australian newspapers.*



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.** *Mark Albertson is the historical research editor at Army Aviation magazine. He has authored several books, including They'll Have to Follow You! and The Triumph of the Great White Fleet.*



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.** *Dr. DeStefano has a PhD in History from Fordham University. His field of study was 18th Century English history. Dr. DeStefano has also hosted a Foreign Film Festival at the Bigelow Center and a Monday Movie Matinee featuring "film-noir" classics from the 40s and 50s.*

Wednesdays 10:00 — Noon: HADRIAN'S WALL, ROME'S FRONTIER with William Prienitz

October 11, 18, 25, November 1, 8

Hadrian's Wall is one of the best preserved Roman archeological sites in Britain. View this world of 2,000 years ago, whose buildings and letters make it as private and as vital as our own. Discussion includes: Hadrian's Wall & Vindolanda — A Series Overview, A Short History of Roman Britain, Hadrian's Wall — Managing a Hostile Border, Vindolanda — Life in a Frontier Fort, Vindolanda — Letters from the Edge of the Roman Empire. *Bill Prienitz holds an MBA from Northern Illinois University. He had a short career in publishing, followed by a long career in investment banking, rising to Managing Director.*



Thursday afternoons 1:00 – 3:00: Burt Bacharach, Hal David with Dr. Joe Utterback

October 12, 19, 26, November 2, 9

In 1957, composer Burt Bacharach and lyricist Hal David began to work for the Famous Music Corporation, New York City. Here are just a few of their beloved creations among those Dr. Joe will play. "The Look of Love", "What the World Needs Now is Love", "Alfie" theme song from the movie "Raindrops Keep Falling on My Head", "Promises, Promises." *Dr. Joe Utterback is a well-known jazz pianist. His works for piano, organ, voice, chorus and chamber ensembles have won numerous awards. He currently teaches at Sacred Heart University.*

Life Long Learner Friday One Day Classes—\$10 Per Class. All Classes 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. *Nancy Beck is Treasurer of the Japan Society of Fairfield County (JSFC). Vernon Beck is a past president of the Japan Society of Fairfield County and is currently vice president.*

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. *Ira Kleinfeld, PhD earned his degrees from Columbia University and is professor of industrial engineering and faculty at the University of New Haven where he initiated its annual Holocaust Remembrance event.*

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.

Mithat "Mito" Mardin was born in Istanbul, Turkey. He went on to receive his PhD in Organic Chemistry, Physics and Microbiology from the University of Göttingen in Germany. From 2012 to 2020 he served as president of the Japan Society of Fairfield County and was president of the Institute of Learning in Retirement for three terms, following his passion for political science.

Social Services and Transportation

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.**

MENTAL HEALTH RESOURCES

Fairfield was awarded ARPA funds during COVID to assist Fairfield families financially with accessing mental health services. If you or a loved one are interested in counseling, please contact:

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

Fairfield Counseling is part of Lifebridge. It offers 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.

Fairfield Fraud Alert System

Town Clerk Betsy Browne announced the launch of the Town of Fairfield's Fraud Alert to notify property owners of new transactions regarding their property.

The Fairfield Town Clerk is providing a new free tool to help property owners protect one of their most valuable assets. With Fraud Alert you can sign up 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>. Sign up at: <https://www.searchiqs.com/fraudalert/>.

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. Social Services will set up a time to review applications and supporting documentation, required in order to process the application. 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 requirements call 203-256-3170 or email fairfieldct.org/covidrecoveryfund.



Operation Fuel

Help with Utility Bills

**(Primarily electric bills with a past due balance)
Summer/Fall Season begins August 2023.**

Fairfield Social Services Staff will schedule appointments in late July. **Please note: an eligible applicant is only eligible for benefits one time per calendar year (for example—if you received benefits in April 2023, you will not be eligible to apply again until April 2024).** Call to make your appointment with Social Services staff: 203-256-3170.

Energy Assistance News

Connecticut Energy Assistance Program (CEAP) begins in September. Fairfield Social Services staff will begin scheduling appointments in late August.

Call for an appointment: 203-256-3170.

Financial Assistance for Renters

UniteCT and the Rent Bank, may assist households with financial assistance to pay off past due rent with current landlord. For information call UniteCT **1-844-864-8328**.

University of Bridgeport Fones School of Dental Hygiene

Senior Smiles is a grant-funded program providing basic dental care for seniors aged 65+. and eligibility requirements apply. **For information call the Fones School directly at 203-576-4137.**



CT Department of Veteran's Affairs

CT Dept. of Veteran's Affairs has a permanent satellite office located at the Bigelow Center to provide assistance and services to our Veterans. If you need assistance, please call 203-418-2005.

Renters Rebate Program 2023

Applications accepted until OCTOBER 1, 2023.

Applications are accepted in the Tax [Assessor's Office](#) between 9am and 4pm except between 12 and 2:00 PM. Applicant shall not have received financial aid or subsidy from state, county or municipal funds, excluding Social Security receipts, energy assistance, SSI payments, veteran's benefits, subsidized housing accommodations and DSS cash assistance.



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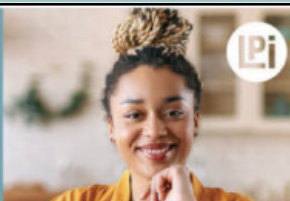


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News From Brenda

You've seen the dumpster, heard the power equipment and were rerouted in the parking lot... The bathroom renovations have begun! We will keep you updated through our weekly email blasts on the status of the renovations, which bathrooms are open for use, and any other news regarding our new bathrooms. We are hoping for very little disruption of our programs and events. We appreciate your patience!

Speaking of excitement, get out your blue suede shoes and dippity do! We're having an Elvis impersonator to entertain us, and enjoying a special lunch. What a day! It's Thursday, August 10. As always, reservations are a must!

Registration begins this month for fall classes and Pickleball. Please be sure your membership has been renewed so you can register for classes. Thanks for your ideas and suggestions, and thank you to the Members' Council. We have a few new classes this fall. We've had a lot of requests for Chair Yoga and will now be offering it as one of our classes in the fall. And, Pickleball lessons! Class and registration information is on page five. Please note that there are no exercise classes or Pickleball from August 21-September 1. The fall semester begins on Tuesday, September 5.

We are excited to have Lifelong Learners back in the fall. Stop by the Open House on Monday, August 7 to hear more about the Lifelong Learners programs.



36TH ANNUAL BIGELOW TEA COMMUNITY CHALLENGE SUNDAY SEPTEMBER 24, 2023

For more than 35 years, Bigelow Tea has hosted the Bigelow Tea Community Challenge Run/Walk to **help ensure 23 local charities**, including the Bigelow Center for Senior Activities, can deliver important programs that provide educational services, food, housing, safe places, crisis counseling, and after-school tutoring and recreational programs to the most vulnerable populations within our community. Let's get ready to bake, walk, volunteer and cheer on the racers!