

BIGELOWCENTER

FOR SENIOR ACTIVITIES

Bigelow Center for Senior Activities
100 Mona Terrace, Fairfield CT 06824

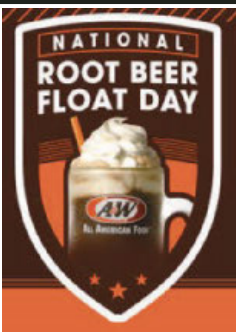
203-256-3166

August 2024 Newsletter
www.fairfieldct.org/bigelowcenter

August is Registration Month for the Fall Session of Exercise Classes & Pickleball *More Information on Page Six and Seven*

Monday, August 12 at 9:00—Registration opens for Fairfield Residents
Monday, August 19 at 9:00—Registration opens for Out of Town Members

Please note: Your Bigelow Center Membership (and fee paid for out of town members) must be updated before registration day or you will not be able to register. We cannot update your membership ON registration days.



Celebrating Root Beer Float Day **Root Beer Floats and The CUKes** **Wednesday, August 7 at 12:30**

A summertime favorite has it's own special day. We'll be celebrating! Join us for Root Beer Floats and music from our favorite band, **The CUKes**. Bring your Kazoo's and dancing shoes and be ready for a fun time!

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



Bigelow Center Membership Renewal **Did you renew your membership yet?**

All renewals must be updated and complete in order to register in August for fall activities and programs. ALL members must renew membership each year (even if none of your information has changed).

Membership for Fairfield residents is free. Renewals may be completed in person at the Center, or online at www.fairfieldct.org/BigelowCenter.

Out of town members must renew IN PERSON with the \$25 annual fee. Cash or check only—NO credit cards accepted.

*my*seniorcenter™



Special August Bingo **Wednesday, August 21** **12:30—1:30**

Bingo Bob returns! What's better than an afternoon of Bingo, dessert and lemonade? We hope to see you at one of our favorite monthly events!

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



Capturing Your Legacy on Video **with Sabrina Cassano**

Sabrina Cassano, a soon-to-be senior at Fairfield Warde High School, returns with an intergenerational project,

inviting all members with stories to share.

Sabrina will host face-to-face interviews during which you can share your life experiences and cherished memories. These sessions, lasting 30 to 45 minutes, will be recorded, providing a simple means to pass on your personal history to loved ones. Sample questions will be provided in advance.

It's an excellent opportunity to recount your stories and reminisce about cherished memories with those closest to you. Available interview times are:

Monday, August 5 or 19 at 10:00, 11:00, or 12:00

Tuesday, August 6 or 20 at 10:00, 11:00, or 12:00

For more information and to register call the Center.

Eye Health Presentation

Wednesday, August 21 at 10:00

August is National Eye Exam month. Christine Burns, RN, from Waveny



Lifecare Network shares all you need to know about taking care of our eyes! **Register on MyActiveCenter.com or call 203-256-3166.**

Coming this Fall—All classes need a minimum number of participants to run.

New Class Offerings this Fall

Registration Information on Page Six and Seven

Additional Chair Yoga Class with Jennifer:

Thursdays at 9:00. Chair Yoga is a gentle form of yoga that is done while seated or using the support/assist of a chair. That means we focus on our breath and clear our minds to make space for smart and healthy movements in our bodies.

Sound Healing with Tina's Healing Collective:

Fridays' at 10:00. The trial class was so successful we've added it to our class offerings. Experience the soothing benefits of sound healing and Reiki tailored for everyone in this gentle and rejuvenating class. Through calming sounds and vibrations of various instruments like singing bowls, gentle gongs, and soothing melodies, this session aims to promote relaxation, reduce stress, and support overall well-being. Bring a yoga mat, small pillow and blanket.

Intermediate Spanish Class—Wednesdays

September 11—November 20

From 11:00—12:00 (Eleven Classes)



Instructor Luz Rincon. Learn the grammar and structure of this beautiful language in addition to basic sentences and expressions to communicate for fun.

Fee: \$165 for the session

Registration opens on August 12 on MyActiveCenter.com or call 203-256-3166.

Bigelow Center Men's Group

Wednesday, September 11

From 9:30-10:30

The Men's Group is back! In September we'll be playing Billiards and having Coffee and donuts and meet other Bigelow Center members. The group meets quarterly.



Returning in September

Brain Games with Danielle Ramos

Bigelow Center Genealogy with Ed Surato from the Fairfield Museum.

Diabetes and Chronic Disease Group

Facilitated by the Health Department.

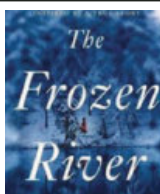
Senior Literary Society

Facilitated by Pequot Library

September Book:

Frozen River by Ariel Lawhon

All are welcome.



Watercolor Art Class—Tuesdays

September 3—October 29

10:00—12:00 (Nine Classes)

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

For beginners, during the first two weeks you will learn watercolor techniques and learn about the process and the paints. You'll then 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: \$120pp (includes supplies)

Registration opens on August 12 on MyActiveCenter.com or call 203-256-3166.

Ukulele Lessons—Thursdays

September 5—November 22

11:00—12:00 (Nine Classes)

Ukulele lessons continue with instructor Steve Forlano, from The Cukes. This class is a combined class for beginner and intermediate levels.

Fee: \$90.

Registration opens on August 12 on MyActiveCenter.com or call 203-256-3166.



Life Stories: A Creative Writing Workshop

Tuesdays, September 17—October 29

from 12:30—2:00

Liz Matthews of the Westport Writers' Workshop is back to facilitate this creative writing workshop. Got a story to tell? This will help you get in on paper! This

workshop was generously sponsored at no cost by the Westport Writers' Workshop, a nonprofit literary organization.

Registration Opens on August 12.

For more information on Westport Writers' Workshop please see their website: www.westportwriters.org.



Short Classic Novel Book Group

A new monthly book group to read and discuss short classic novels (novellas) ranging from 70 to 120 pages. Selections include works by renowned authors such as Dickens, Orwell, Twain,

Tolstoy, Wharton, and others.

Facilitated by Lifelong Learners instructor, Dave Shafer.

More information next month.



Bunco—Tuesday August 27 at 1:00

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



Let's Talk Discussion Group

Wednesdays at 11:00

Newcomers welcome. For information contact Social Services Coordinator, Alison Witherbee, at 203-256-3170.



Summer Olympics

Let's Go USA!

July 26—August 11

Watch the Olympics on the big screen in the Café this month.

Enjoy golf, diving, swimming, tennis and beach volleyball, along with some newer sports, including skateboarding, surfing and sport climbing.

We'll let you know the schedule!

**Bigelow Center Ping Pong Group
is growing!**

Are you interested in playing ping pong? The Bigelow Ping Pong players gather every morning, between 9:30—11:30.

No need to register, just show up and play. Equipment available or BYOP (Bring Your Own Paddle).



More To Do

Registration Not Required and 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)

Pinocle—Mondays and Fridays at 12:00

Canasta—Wednesdays at 10:00

Chess—Wednesdays at 1:00

Mah Jongg—Wednesdays and Fridays 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, August 27 at 1:00

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Friday Movies at 12:45

August 2—*The Hill* is a 2023 American biographical sports drama film about baseball player Rickey Hill overcoming a physical handicap in order to try out for a legendary major league scout. It was directed by Jeff Celentano from a screenplay by Angelo Pizzo and Scott Marshall Smith. It stars Dennis Quaid, Colin Ford, Joelle Carter, Randy Houser, Jesse Berry, Bonnie Bedelia, and Scott Glenn.

August 9—Willa and Bill, ex-lovers who run into each other in a regional Midwestern airport, find themselves trapped together overnight when a major snowstorm hits. They haven't seen each other in over 25 years, but it doesn't take long for them to start bickering and bantering as if no time has passed. Willa is a middle-aged version of the Manic Pixie Dream Girl: a "wellness practitioner in the healing arts," as she describes herself. Bill, meanwhile, is buttoned-down and sardonic, a vague corporate type who's emotionally detached and possessed of deadpan zingers. She's heading to Boston, and he's heading to Austin; they are literally going in opposite directions. Starring Meg Ryan and David Duchovny. 92m

August 16—*Mid-August Lunch*. Gianni Di Gregorio stars in and directs this 2008 charming tale from Italy of great food, feisty old ladies, and unlikely friendships. The setting is a largely deserted Rome on the national holiday, Ferragosto, during the dog days of summer when most Romans have fled the city's heat for the mountains or the shore. Four elderly ladies have to spend the holiday together sharing a sweltering apartment.

Classic Movies on Mondays at 12:45

August 5—*Murder, My Sweet*. Dick Powell stars as private eye Philip Marlowe in this 1945 film adaptation of a classic LA crime novel by famed writer Raymond Chandler. Powell departs from his boy next door type to play one of film's classic detectives. Claire Trevor plays the femme fatale. 95 minutes. CC.

August 12—*The Postman Always Rings Twice*. John Garfield and Lana Turner co-star in this 1946 film adaptation of James M. Cain's classic crime novel. Garfield plays a drifter who stops at a roadside diner with a "Man Wanted" sign. He discovers that the sign has a double meaning. Lana Turner makes one of the great entrances in film history. 113 minutes. CC.

August 19—*Tension*. Richard Basehart and Audrey Totter, one of film noir's classic femme fatales, star in this 1949 film about a mild-mannered druggist whose wife is two-timing him. With his dreams for a home and family shattered, he plots revenge. The beautiful Cyd Charisse appears in a rare non-dancing role. 91 minutes. CC.

August 26. *Crime Wave*. Sterling Hayden plays a hard-boiled cop who is sure that a parolee in not going straight after a series of hold-ups. Gene Nelson and Phyllis Kirk also star as the parolee and his wife in this 1954 drama set in the mean streets of LA. A young Charles Bronson, then acting under the name Charles Buchinsky, appears as one of the gang members. 74 minutes. CC.

Adult Outdoor Fitness Center is Open!

Come visit the Adult Outdoor Fitness Center situated behind the Bigelow Center. This facility is ADA compliant and features eight distinct workout stations. Access can be gained by walking along the Frank Rice trail or by parking on Oldfield Road and following the paved pathway. We were honored to host the CT Commissioner on Aging and Disability Services, Amy Porter, Claire Cote, State Senior Center Liaison, our State Delegation and First Selectman to the ribbon-cutting.





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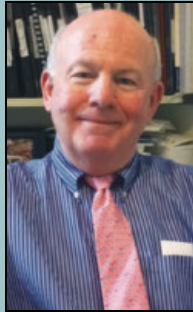
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Fall Session Information Exercise Classes & Pickleball: September 3—November 27

Fairfield residents may begin to register on **Monday, August 12 at 9:00AM.**

Out-of-town members may begin to register on **Monday, August 19 at 9:00AM.**

Bigelow Center Membership (and fee paid for out of town members) must be updated before registration day or you will not be able to register. We cannot update your membership ON registration days.

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 9:00AM on the day registration opens. Payment can be made with cash or check. No credit cards accepted 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 membership fee paid or you will not be able to register for classes.

If a class is cancelled by the Center during the semester you will receive a credit to your MySeniorCenter wallet account for that class. If you cannot attend a class, or miss a class, you will not be credited.

Exercise Class Descriptions

Chair Yoga with Jennifer on Mondays and Thursdays at 9:00—Chair Yoga is a gentle form of yoga that is done while seated or using the support/assist of a chair. We focus on our breathing and clear our minds to make space for smart and healthy movements in our bodies. We stretch and strengthen all our muscles and we flow with our breath. Benefits of this class include increased mobility and mental clarity. You will learn various poses all without having to get down on the floor and get up again.

Weight Training with Loren on Mondays at 9:00—This group weight training class will focus on building muscular strength and endurance, combining small and large movement to train all the major muscle groups. The class will also incorporate some balance work in a fun and varied format. The goal is to build muscle through resistance training to support our bones and improve functionality. **Optional - bring a mat for some floor core strengthening work during the final few minutes of class.**

Zumba Gold Toning with Pauline on Mondays & Wednesdays at 10:00—Zumba Gold-Toning is the perfect class to work on cardio, weight training, balance and flexibility. This class uses light, one, two or three pound weights to provide you with a focus for better form and alignment, and greater muscle awareness. It is all the fun and flavor you would expect from a Zumba class that most people are able to enjoy with the ease of the low impact, reduced moves.

Zumba Gold with Germaine on Tuesdays & Thursdays at 10:15—Zumba Gold with Germaine is a modified Zumba class for active older adults to dance to Latin-inspired songs. Zumba Gold has all the Zumba moves you love at a lower intensity that is designed to be easy to follow. The focus is on balance, range of motion, and coordination while having so much fun you forget it is exercise.

Morning Exercise with Nancy on Tuesdays at 9:00—Jump start your day with a combination of stretching, balance, aerobic/dance and strength exercises to help improve overall flexibility and physical endurance in a fun and non-competitive environment.

Gentle Yoga with Cindi on Wednesdays at 9:00—Yoga for those who want to focus on their own stage of stretching, mobility and flexibility. Each class has a short centering and meditative beginning and end. Followed by poses that you are carefully lead through and allow you to move at your own pace. The focus is on building balance, strength and agility surrounded by a community of friends and fun.

Weight Training with Diane on Thursdays at 9:00—Weight training is geared toward individuals to prevent the weakening of muscles and help build muscle strength. This group weight training class will focus on building muscular endurance and strength, combining small and large movement to train all the major muscle groups.

Body Balance with Lauren on Mondays at 11:00, Fridays at 10:00—Maintaining physical and emotional strength, flexibility and balance is important at every age. Body Balance is a gentle movement class that can be done standing or seated in a chair. We work on muscular and core strength as well as joint mobility. Monday's class uses an elastic theraband to aid in resistance training. The last 10 minutes of class include a guided meditation to relax and renew the body and mind.

Tai Chi with Jonathan on Mondays and Thursdays at 1:00—Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Jazz Dance Class with Avery (CT Dance School) on Fridays at 11:45—This class will work on musicality, coordination, mobility, and flexibility while having fun and dancing to great music!

Cardio Drumming with Jill – Fridays at 1:00—Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this high-energy dance and rhythm program. Cardio Drumming combines traditional aerobic movements with a beat and rhythms of the drums. It is a workout for the entire mind, body, and spirit! Drumming uses a "drum stand" which brings together sticks, a stability ball, and a bucket. A fun invigorating workout. You work at your own pace and you can use a chair or stand.

Fall Session Information Exercise Classes: September 3—November 27

Class	Day/Time	Fee (\$3/per class)
Weight Training w/Loren – Class begins 9/3 (No class 10/14, 11/11, 11/25)	Mondays at 9:00	\$27 (9 classes)
Chair Yoga with Jennifer – Class begins 9/3 (No class 10/14, 11/11)	Mondays at 9:00	\$30 (10 classes)
Zumba with Pauline – Class begins 9/3 (No class 10/14, 11/11)	Mondays at 10:00	\$30 (10 classes)
Body Balance with Lauren – Class begins 9/3 (No class 10/7, 10/11, 10/14, 11/11)	Mondays at 11:00	\$27 (9 classes)
Tai Chi with Jonathan – Class begins 9/3 (No class 10/14, 11/11)	Mondays at 1:00	\$30 (10 classes)
Morning Exercise with Nancy – Class begins 9/3 (No class 11/5)	Tuesdays at 9:00	\$36 (12 classes)
Zumba with Germaine – Class begins 9/3 (No Class 10/1, 11/5)	Tuesdays at 10:15	\$33 (11 classes)
Yoga with Cindi – Class begins 9/4 (No class 9/25 and 10/2)	Wednesdays at 9:00	\$33 (11 classes)
Zumba with Pauline – Class begins 9/4	Wednesdays at 10:00	\$39 (13 classes)
Weight Training with Diane – Class begins 9/5 (No class 11/28)	Thursdays at 9:00	\$36 (12 classes)
Chair Yoga with Jennifer-New Class! – Class begins 9/5 (No class 11/28)	Thursdays at 9:00	\$36 (12 Classes)
Zumba with Germaine – Class begins 9/5 (No class 10/3, 11/28)	Thursdays at 10:15	\$33 (11 classes)
Tai Chi with Jonathan – Class begins 9/5 (No class 11/28)	Thursdays at 1:00	\$36 (12 classes)
Body Balance with Lauren – Class begins 9/6 (No class 10/4, 10/11, 11/29)	Fridays at 10:00	\$30 (10 classes)
Jazz/Dance Class with Avery—Class begins 9/13 (No class 11/29)	Fridays at 11:30	\$5/per class \$55 (11 classes)
Cardio Drumming with Jill – Class begins 9/6 (No class 11/29)	Fridays at 1:00	\$36 (12 classes)
Sound Healing with Tina – New Class! Twice a Month: 9/6, 9/20, 10/4, 10/18 and 11/1, 11/15	Fridays at 10:00	\$10/Class \$60 (6 classes)

Fall Semester Information for Pickleball: September 3—November 27

Pickleball does not have an instructor. It is open play.

A maximum of 24 people may register per time-slot.

You may only register for one time-slot per day. We do not allow subbing.

No beginner players at this time, only Intermediate to Advanced.

Pickleball - Class begins 9/3 (No Class 11/5)	Tuesdays, 11:30 – 1:30	\$36 (12 classes)
Pickleball - Class begins 9/3 (No Class 11/5)	Tuesdays, 2:00 – 4:00	\$36 (12 classes)
Pickleball - Class begins 9/5 (No Class 11/28)	Thursdays, 11:30 – 1:30	\$36 (12 classes)
Pickleball - Class begins 9/5 (No Class 11/28)	Thursdays, 2:00 – 4:00	\$36 (12 classes)

Lifelong Learner Fall Classes

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.

SIX FIVE-WEEK COURSES—\$30 Each Class

More detailed information on classes and the instructors can be found in the brochures located at the Center or online at fairfieldct.org/bigelow

FROM THE BIG BANG TO THE MILKY WAY GALAXY by William Preinitz

Mondays, 10:00 A.M. – Noon, September 23, 30, October 7, 14, 21

Almost everything we thought we knew up until about 10 years ago, was completely and amazingly wrong. Come for an astronomy buffet and learn about the latest theories and preparations for meteor defense!

Week 1 – The Big Bang – How it all Got Started!

Week 2 — The Creation and Evolution of Our Solar System

Week 3 —Visitors! Asteroids, Meteors and Comets

Week 4 — The Unique Astronomy of Black Holes

Week 5 — Our Milky Way Galaxy and Its Local Group

TRUTH IS STRANGER THAN FICTION: GREAT STORIES IN EUROPEAN HISTORY with Diane Stone

Mondays, 1:00 P.M. – 3:00 P.M. September 9, 16, 23, 30, October 7

This course covers the following stories in chronological order with strong focus on the sights travelers will visit which are central to them.

9/9: The Bonfire of the Vanities (Florence 1497)

9/16: Europe's "Crazy Kings" (Spain 1700-1724), (England 1760-1820), (Germany 1864-1888)

9/23: Affair of the Necklace (France 1785), Victor Hugo The Activist (France 1802-1885)

9/30: Mayerling: A Great Love Affair and Suicide Pact *or* a Cold Case Murder (Austria 1889), Million Dollar American Princesses (Late 19th, early 20th England)

10/7: Plots to Assassinate Hitler and How they Failed (1940s Germany), Lost & Found Art Stolen by the Nazis 1940-Present (many European countries)

INDUSTRIALIZATION OF RACIAL HYGIENE with Mark Albertson

Tuesdays 10:00AM – Noon. October 8, 15, 22, 29, November 5

A look into assembly line mass murder. Perfected by the Hitlerites to purge the Thousand-Year Reich of those afflicted with "inferior genes," while on their way to creating that New Society of the Master Race. This was Industrial-Finance Capitalism at its starkest, the epitome of collusion between government-finance-industry-party and the medical community.

Week 1: Weak Die, Strong Survive

Week 2: Killers in the White Coats

Week 3: General Government & the Death Camps

Week 4 Assembly Line of Death: Auschwitz-Birkenau

Week 5. Trial of the Century: Nuremberg

THE ROARING TWENTIES with Evan Weiner, Tuesdays, 1:00PM – 3:00PM October 8, 15, 22, 29, November 5

1920-21: Woodrow Wilson is an invalid after suffering a stroke. Warren Harding is new president. Prohibition begins. Most women get the right to vote.

1922-23: America emerges from recession. The first Women's Olympic is held. President Harding suddenly passes away leaving a mountain of scandals that his successor Calvin Coolidge must deal with immediately. Flappers enjoy parties and alcohol during the Prohibition while dancing The Charleston.

1924-25: American policy changes; immigrants no longer had easy access to settling in America. Hitler goes to jail. Vladimir Lenin dies, replaced by Joseph Stalin. A cultural divide emerges in the U.S.

1926-27: The Jazz Age and speakeasies are the rage. The American economy hums mainly for the wealthy. Charles Lindberg flies solo from NY to Paris. The "first" talkie movie. Babe Ruth hits 60 home runs. New York Yankees win 110 games and the World Series.

1928-29: Gangsters supply alcohol to speakeasies. Herbert Hoover easily defeated Al Smith as President. Mickey Mouse is introduced, The stock market crashes on October 29, 1929. Popeye appears in comics. Bingo invented.

MIDDLE EAST ETHNICITIES OFTEN OVERLOOKED with Mito Mardin

Wednesdays, 10:00 AM – Noon, October 16, 23, 30, November 6, 13

Three major ethnicities share current day Anatolia (western and Turks. We'll review their histories with special focus on the Armenians and Kurds, and how these ethnicities lived side by side peace-fully as well as filled with ethnic cleansing and genocide-inflicted violence.

Lifelong Learner Classes (Continued)

TOOLS FOR LIVING IN TIMES OF TRANSITION with Art Gottlieb

Thursdays, 10:00 – Noon, October 10, 17, 24, 31, November 7

In this series Mr. Gottlieb will share his experience of working with individuals, families and the elderly in discussing practical strategies for improving quality of life for those currently engaged with the challenges of interpersonal and multi-generational relationships.

October 10: Active Listening. Enabling vs. Helping

October 17: Pseudo Dementia. Male vs. Female Ageing

October 24: Co-Dependence. Hidden Messages and Passive Aggression

October 3: Parent-Child Role Reversal. Inheritance and Greed

November 7: Downsizing and Other Senior Transitions. Maintaining Dignity

SEVEN 2-HOUR COURSES—\$12 Each Class

OUR POLARIZED AMERICA: HOW WE GOT TO HERE. Harvey Heyman. Thursday, 9/12

1:00P– 3:00PM: This one-day course examines the last 50 years of economic, social and political history to see the key people, organized groups and pivotal societal and environmental trends that have contributed to the current state of our polarization. At the end of the session, there will be a class exchange of ideas on how America might become more resilient and stable against the populist tide we witness today.

VELIKOVSKY AND WORLDS IN COLLISION. Dave Shafer. Thursday, September 19, 1:00– 3:00

Velikovsky, a psychiatrist and an expert on ancient history, had come up with extremely radical theories about the history of the earth and our solar system, all universally rejected by scientists everywhere. Everyone said that Velikovsky was so terribly wrong that he needed to be actively censored to keep his crazy ideas from polluting real science. But some predictions were found to be true.

UPDATE ON GLOBAL ANTISEMITISM: NOTES FROM AN OXFORD SYMPOSIUM. Patricia Behre, Ph.D. Wednesday, 9/25, 1:00– 3:00PM:

The Institute for the Study of Global Antisemitism and Policy (ISGAP) – an international consortium of scholars devoted to the study of antisemitism and the improvement of education on this difficult topic – celebrated its 20-year anniversary this year, and held its annual two-week seminars for scholars in Oxford, UK. And yet this year is not like other years given the alarming growth of antisemitism around the world and in our own country. Patricia Behre, will share an update on the state of academic engagement with this topic – the perils and plans to combat antisemitism.

LOVE LETTERS FROM A PATRIOT. Elinor Upton Biggs. Thursday, 9/26, 1:00 – 3:00PM

War letters are history—real time, first person history, written as it happened by those most intimately involved. John D. Upton's first letter to his wife Katie was written on Friday July 31, 1942, from Fort Belvoir, Virginia. It is the first of more than 200 letters that Lieutenant Upton wrote to his wife and family until his discharge on December 12, 1945, as a captain. He was assigned to the 19th Combat Engineer Regiment and was Company Commander of "B" Company. The 19th Combat Engineers served in the all-important North African Campaign, the Invasion of Sicily and the Italian Campaign.

DARK MONEY. Harvey Heyman. Thursday, 10/03, 1:00 – 3:00PM

Dark Money by Jane Mayer, written in 2016 describes in vivid detail how a small group of ultra wealthy individuals have organized to help to fund the radical right. Those discussed include the Koch brothers, Mellon-Scaife, Coors, Olin and DeVos. Their quest to alter the American political system began in the 1970's and is in much evidence today. The course will shed light on the major players and their central ideas.

FATHER OF THE IMPRESSIONIST MOVEMENT. Scott Verchin. Thursday, 10/10, 1:00 – 3:00 PM

Camille Pissarro was a French Jewish painter and is widely considered the Father of the Impressionist movement. He was a mentor to many of the world's great painters including Cézanne, Degas, Renoir, Seurat, Gauguin, Monet and Van Gogh, despite some of them having anti-Semitic beliefs. Explore these relationships and how they impacted this great art movement.

CONNECTICUT & INTERNATIONAL PHOTOGRAPHY Michael Tomashefsky. Thursday, October 24,

1:00 PM – 3:00 PM. This two-hour class will consist of two parts. Part one will cover seasonal landscapes around Connecticut. Part two will cover travel, landscape and architectural photography in Europe, the Middle East and tropical islands. Come along on this stunning journey.

AUGUST 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Video Legacy Interviews (Info on Front Page)</u> Monday, August 5 or 20: 10:00, 11:00, 12:00 Monday, August 6 or 19: 10:00, 11:00, 12:00			1 NO Weight Training w/Diane 11:30 Pickleball 1:00 Tai Chi 2:00 Pickleball	2 10:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Mah Jongg 12:45 Movie 1:00 Cardio Drumming
5 8:00 Pacers 9:00 Weight Training w/Loren 9:00 Chair Yoga No Zumba w/ Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:45 Movie 1:00 Tai Chi	6 No Morning Exercise 11:30 Pickleball 2:00 Pickleball	7 9:00 Yoga NO Zumba w/Pauline 10:00 Canasta 11:00 Let's Talk 12:00 Lunch 12:30 Root Beer Floats and the CUKes 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess	8 NO Weight Training w/Diane 11:30 Pickleball 1:00 Tai Chi 2:00 Pickleball	9 10:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Mah Jongg 12:45 Movie 1:00 Cardio Drumming
12 9:00 Fall registration opens for Fairfield Residents 9:30—11:30 Blood Pressure Clinic 9:00 Weight Training w/Loren 9:00 Chair Yoga 8:00 Pacers 10:00 Zumba w/Pauline 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:45 Movie 1:00 NO Tai Chi	13 Gym is Closed for Primary Voting	14 9:00 Yoga 10:00 Zumba w/Pauline 10:00 Canasta 11:00 Let's Talk 12:00 Lunch 12:30 Mah Jongg 1:00 Flying Aces 1:00 Chess	15 9:00 Weight Training w/Diane 11:30 Pickleball 1:00 Tai Chi 2:00 Pickleball	16 10:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Mah Jongg 12:45 Movie 1:00 Cardio Drumming
19 9:00 Fall registration opens for Out of Town Members 8:00 Pacers 12:00 Lunch 12:00 Pinochle 12:45 Movie	20	21 NO Weight Training 10:00 Canasta 10:00 Eye Presentation 11:00 Let's Talk 12:00 Lunch 12:30 Mah Jongg 12:30 Bingo 1:00 Chess *No Flying Aces *No Brain Games or Senior Literary Society in August	22	23 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Mah Jongg No Movie Today
26 8:00 Pacers 12:00 Lunch 12:00 Pinochle 12:45 Movie	27 1:00 Bunco	28 10:00 Canasta 11:00 Let's Talk 12:00 Lunch 12:30 Mah Jongg 1:00 Chess *No Flying Aces	29	30 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:30 Mah Jongg No Movie Today

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BIGELOW CAFÉ AUGUST MENU

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div> Call 203-256-3118 to make a reservation. Please call at least TWO days in advance Suggested Donation \$3.00—\$5.00 </div>			1	2
5 Hamburger Vegetarian Baked Beans Mixed Veggies Hamburger Roll Clementine	6	7 Lasagna with Meat Sauce Tossed Salad Garlic Green Beans Garlic Bread Birthday Cake	8	9 Turkey and Swiss Sand- wich Vegetable Barley Soup Ziti Broccoli Salad Fresh Tomato Salad Chocolate Chip Cookies
12 Spaghetti with Meat Sauce Mozzarella Cheese Spinach Wheat Roll Ice Cream Sundae	13	14 Grilled Chicken Teriya- ki Sweet Potatoes Oriental Blend Veggies White Bread Jell-O	15	16 Fajita Chicken Mexican Rice Corn and Red Pepper Tortilla Sugar Cookie
19 Diced Chicken Tetrzzini White Rice Broccoli and Red Pepper Multigrain Bread Applesauce	20	21 Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cornbread Clementine	22	23 Egg Salad Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping
26 Pork Chopette With Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches	27	28 Hot Dog Waffle Fries Broccoli Slaw Hot Dog Bun Popsicle	29	30 Fish Taco Yellow Rice Cilantro Lime Coleslaw Flour Tortilla Strawberry Shortcake with Topping

Café Manager available Monday, Wednesday & Friday from 9:00am—1:00pm.

All reservations must be made TWO business days in advance by 10:00am

Food Allergy Warning: Please be advised that our food may have come in contact or may contain peanuts tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please be advise a staff member of any food allergies prior to consumption of meals.

Thank you!



**36th Annual Bigelow Tea
Community Challenge**
Sunday, September 29, 2024
9:00—12:00 (Rain or Shine)
**The race begins at Wakeman
Boys & Girls Club
Southport, CT**

Join the Bigelow Tea Community Challenge for a 5k Road Race, 3k Fitness Walk, or volunteer opportunity through scenic Southport Harbor & Historic District. The Kids' Fun Run is a favorite for families.

Beyond the fun, the BTCC significantly supports local non-profits struggling to compete with larger national charities. Since its inception, the BTCC has donated over \$2 million to Connecticut charities. Your participation ensures 23 local charities can continue crucial programs like educational services, food assistance, housing support, safe spaces, crisis counseling, and after-school tutoring and recreational activities for our community's most vulnerable populations.

If you would like to help by baking brownies for the runners, please pick up a box at the front desk. We provide the mix, you provide the love. Brownies should be returned (baked!) by Friday, September 27. For more information about the race, go to www.bigelowtea.com.

Friends of the Bigelow Center

Friends of the Bigelow Center for Senior Activities is a 501c3 volunteer organization. Its mission is to raise funds to enhance programs, services and facilities of the Senior Center. The Friends collaborate and support the Center on a broad basis in the community and through advocacy. Some of the fun Friends events are St. Patrick's Day Celebration with Irish Dancers; Speaker Series with dinner; Veteran's Day Breakfast and other entertainment. We are a small but dedicated group that loves the Center. Board Meetings are monthly. For more information, please call the Center or email friensoftheBSC@gmail.com.

Second Annual Wine on the Water
Wednesday, September 4, 2024

The Friends of the Bigelow Center are hosting *Wine on the Water*, a fundraising event to support the programs and services of the Bigelow Center. Please join us for a magical evening on the sound, sampling a variety of wine and tasty treats. Tickets, \$100pp. Details to follow.

University of Bridgeport Fones School of Dental Hygiene

Senior Smiles is a grant-funded program providing basic dental care for seniors aged 65+. Eligibility requirements apply. **Call the Fones School at 203-576-4137.**

Aging in Place Resource Fair

Thursday, September 26 from 5:00– 7:00 PM
Bigelow Center Café

Age Friendly Fairfield is hosting an Aging in Place Resource Fair to provide valuable information about services and benefits available to support Fairfield residents in staying comfortably in their own homes as they grow older. Choosing between aging in place downsizing, moving in with adult children, or transitioning to assisted living involves a complex mix of emotional, physical, and financial considerations. Aging in Place can offer seniors the opportunity to preserve their quality of life as they age.

Stay tuned for more information in the September newsletter.



**Tea @ 3 Intergenerational
Friendship Community**

Register for this free, 12-week program that has already connected more than 500 people across CT since Sept. 2020! You'll be matched with a college student and enjoy a weekly phone call mid-Sept. through end of November.

You'll receive a free welcome kit and weekly emails with conversation starters plus have the opportunity to meet other community members during two virtual events (optional). Learn more and sign up for this innovative program today at



CHOICES Medicare Counseling

The Southwestern Connecticut Area on Aging (SWCAA), offers free Medicare and Health Insurance benefits explanation and enrollment assistance for Medicare and other related health insurance options.

Call to make and appointment **203-256-3166.**

Safe Return Network

If a family member is prone to "wandering" or getting lost, consider registering for a program developed to assist emergency personnel in locating them. Go to fpdct.com/safereturn.

Social Services Information

NEWS AND RESOURCES FROM SOCIAL SERVICES

Connecticut Department of Veteran's Affairs

The CT Department of Veteran's Affairs has an office at the Bigelow Center to provide assistance and services to our Veterans. Walk-ins welcome, appointments are encouraged. Call for an appointment 203-418-2005.

Veterans 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 information, call your lender.

Veterans reimbursement for travel to medical

appointments: File travel claims online via the VA Beneficiary Travel Self Service System, or BTSS. However, travel claims may also be filed at kiosks located in VA medical centers, help desks, or patient services offices at many VA hospital or local clinics.

Veterans/Military Exemptions: Combat-era veterans or their surviving spouses who have filed their DD-214 (Honorable Discharge) with the Town Clerk may be eligible for an assessment exemption on their dwelling or vehicle. Questions?

Call Tax Assessor at 203-256-3110.

It's Hurricane Season!

Practical Steps to Take To Prepare for a Storm

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



- Get batteries to back-up power dependent devices.
- Locate Important Documents
- Keep an Up-to-Date List of Medical Information.

Vulnerable Resident Outreach Registry

Fairfield Social Services has launched an the Vulnerable Resident Outreach Registry to identify residents facing health and mobility challenges who may require assistance during emergencies. This initiative aims to prioritize the safety and well-being of vulnerable individuals throughout the town. The Outreach Registry offers crucial support through emergency planning check-in calls conducted by Social Services staff, focusing on Fairfield residents aged 65 and older, as well as those who are home-bound or disabled.

The program operates on a self-referral basis and is open to residents experiencing significant difficulties with mobility, vision impairment, hearing impairment, developmental disabilities, cognitive impairment, mental health conditions, or who depend on life-sustaining equipment such as oxygen concentrators or dialysis machines without 24-hour support. Residents interested in joining the registry are encouraged to complete the form available on the Fairfield Social Services website. For information about the Outreach Registry please contact Social Services at 203-256-3170.

It's important to note that registration in the Outreach Registry does not guarantee immediate service provision or priority placement for responders. Additionally, the Outreach Registry is not intended as a "Friendly Caller" program.

To ensure that the Outreach Registry effectively assists those in genuine need during emergencies, residents are ineligible if they receive 24-hour support from a caregiver or home care aide (exceptions may apply) or receive care or assistance from a long-term care home or supportive housing facility.

From the Fairfield Tax Assessor's Office

Veterans/Military Exemptions

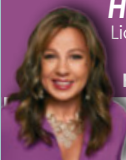
Combat-era veterans or their surviving spouses may be eligible for an assessment exemption on their dwelling or vehicle. Call the **Tax Assessor's Office** for more information at 203-256-3110

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.** Job and career resources including resume and cover letter samples; specific web-sites; websites for more general career and salary exploration; job search seminars, and podcasts.

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Back to School Already?

It's time once again to think about Back to School! Fairfield Social Services welcomes donations to help Fairfield students get ready for a strong start to the new school year. If you would like to help, please consider dropping off or mailing a monetary donation to purchase gift cards or gift cards anywhere families might shop for supplies (Amazon, Target, Walmart).

If your family needs financial assistance to purchase back to school supplies for a school age child in your household, contact Fairfield Social Services at 203-256-3170 to set up an appointment with a Social Worker. Eligibility criteria apply.



MEDICARE SAVINGS PROGRA(MSP)

The QMB, SLMB, and ALMB help eligible Medicare beneficiaries pay all or some of Medicare's cost sharing amounts (i.e. premiums, deductibles and co-payments).

There are three levels of MSP. Your gross income or combined gross income with your spouse determines which category you qualify for. Not all earned income (income from wages) is counted toward eligibility. Call Social Services for information or to make an appointment with a Social Worker. —203-256-3170.



Renter's Rebate Program Accepting Applications April 1 – October 1, 2024

The Renters' Rebate program is now accepting applications. Apply in the Fairfield Tax Assessor's Office between the hours of 9am – 12 noon, and 2 – 4pm. The office is closed between 12 – 2pm. For information, call 203-256-3110. 2024 Income qualification: \$43,800 for an unmarried individual and \$53,400, for a married couple.

SNAP Demonstration Project for Older Adults and People with Disabilities

The Department of Social Services recently announced a program called Elderly Simplified Application Project (ESAP). Eligible applicants must be 60 years or older, or disabled (according to DSS definitions). Call 855-626-6632 for more information.

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/>

Wheel It Forward

A community library that lends out and accepts donations of durable medical equipment including wheelchairs, toilets walkers, hospital beds, shower chairs, etc.

Its new location is 955 CT Ave in Bridgeport. 06607.

Hours: open from 10:00 – 3:00 PM, Monday-Thursday and by appointment on Fridays.

Questions, call the Wheel It Forward office at (203) 652-8600 or go to www.wheelitforwardusa.org/

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.

Donations 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. **To enroll. 203-579-7777.**