



BIGELOWCENTER
FOR SENIOR ACTIVITIES

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

February 2021
203-256-3166

February 2021
www.fairfieldct.org/bigelowcenter

Special Program for Black History Month
Friday, February 5 at 2:00 PM via Zoom

Please join us for a conversation with Adrienne Parkmond, Esq.

The strength of American democracy depends on the ability of citizens to express their fundamental right to vote. The election may be over, but there is much we can still learn from the 2020 Presidential race. What are the challenges Black Americans face in voting? What does voter suppression look like? And what does it mean for our future to have the first woman, and first woman of color, in the second highest office in the land?

Adrienne Parkmond, Esq. is the Chief Operating Officer of The Workplace in Bridgeport, a \$25 million non-profit agency responsible for job training, business development and human services for youths and adults, including services for veterans, older workers, and at-risk populations. Adrienne is past President of the Board of the CT Women's Education and Legal Fund and holds a Bachelor of Science Degree in Finance from Villanova University and a Juris Doctor from Quinnipiac University School of Law.

Adrienne serves as President of the Waterbury Chapter of The Links Incorporated, one of the nation's oldest and largest volunteer service organizations of extraordinary women who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. She is also President of the New Haven Chapter of Pearls of Excellence, the charitable arm of Theta Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, an international service organization dedicated to being "Supreme in Service to All Mankind."

To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.

Mark Albertson presents: USS Connecticut Constitution State Battleship
Wednesday, February 10 at 10:00

To register for one or both programs, go to MyActiveCenter or email BigelowCenter@fairfieldct.org for assistance.

On December 16, 1907, sixteen coal-burning battleships set out from Hampton Roads to circumnavigate the globe. These battleships were known as the Great White Fleet and spent fourteen months completing their mission traveling a combined 46,729 miles! The leader of that historic voyage: the USS Connecticut. Join us on Thursday, September 19 at 6:30pm when we host author and historic research editor at *Army Aviation* magazine, Mark Albertson, for a presentation on this infamous ship's voyage. This free program is perfect for all ages and there is no registration required. Join us for what is sure to be a fascinating lesson in local and maritime history.

Mark Albertson presents: Harriet Tubman
Wednesday, February 24 at 10:00

Harriet Tubman. This courageous lady was the heart and soul of the abolitionist movement. Beginning life as a slave, she would escape and make her way North. During the Civil War, she would lead Northern Troops behind Confederate lines in guerrilla-style efforts and intelligence-collection missions.

An Afternoon of Music
Tuesday, February 23 at 2:00 PM

Kick back, tune in and enjoy an afternoon of music with Steve Toll, music director and Neil Anand of ComforCare, for an afternoon of live music. Listen to some of your favorites from the 30s to 60s. **To register go to MyActiveCenter or**

A Guide to Elder Abuse and Neglect Awareness.
Thursday, February 4 at 3:00

Presented by Anne Hughes, LCSW, Coordinator for the Center for Elder Abuse Prevention at Jewish Senior Services. To register: mpruzinsky@jseniors.org.

The Sandwich Generation: Presentation and Panel Discussion

Monday, February 8 at 12 Noon.

As the population grows older and a new crop of young adults are financially struggling to attain a solid financial foothold in trying economic times, individuals 'sandwiched' between aging parents and adult children are adequately referred to as 'the sandwich generation'. This is because they are often put in the position to care for both their children and parents simultaneously, and this support is often both emotional and financial. Join Susan and Paul Doyle, owners of Oasis Senior Advisors CT-NY for a special program for those caught between caring for their children and picking up the same role as caregivers for their parents. Get the information you or your loved ones need to make informed decisions. Areas of interest include Medicare and Medicaid, Home Care, Assisted Living, Nursing Home, Long Term Care Insurance, Veterans Aid & Assistance. Topics for discussion include: *Starting the Conversation, What's Your Plan, Aging in (a Different) Place, I'm Worried About My Parents, 10 Things You Need to Know About Homecare and Assisted Living.*

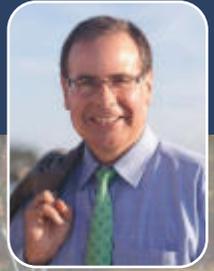
To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance

Click here for the First Selectwoman's webpage.



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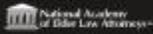
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What's New and Things to Do!

Stories From The Attic: Valentines and Romance Edition

The search and discovery of these little treasures found in cellars and basements at estate sales. You never know what you're going to find! Join Greg Van Antwerp to hear about some of his finds. **Wednesday, February 17 at 1:00 (please note NEW TIME)**, hear about some of his best discoveries and the stories behind them. **To register go to MyActiveCenter or email: BigelowCenter@fairfieldct.org.**

Welcome to Brenda Steele, our new Senior Center Director

We are thrilled to introduce you to Brenda Steele. You won't be able to meet her in person until we open, or have our next drive-thru—but, trust us, you're going to love her. Brenda has great experience and fresh ideas for the Center. The entire Human and Social Services team is excited to have her onboard.



Brenda has lived in Fairfield for almost 25 years. She was born and raised in Rochester, NY and spent many years living in Washington, DC and Virginia before she and her husband, Jeff, decided to call Fairfield home. They have three children,

Alex, 21, Ben, 19 and Julia, 15. She has been an active and energetic member of the Fairfield community for many years, serving on several PTA Boards, volunteering for her church and children's schools, and assisting at many civic, school and sporting events throughout town.

Brenda previously worked as a preschool teacher at Grace Methodist Nursery School in Fairfield, before working at Sturges Ridge of Fairfield, an assisted living community.

The Unexpected Health Benefits of Love

Tuesday, February 2 at 11:00

Partner or parent, friend or spouse—human beings thrive on a sense of connection and belonging. And we're not just saying that to make you feel good. Science proves that love really is a boon to your well-being. Love not only gives you a rosy glow or a twinkle in your eye, but did you know that it is also good for both your physical and mental health? Love is good for your brain and mental health. When you love others, your brain produces a hormone called dopamine that is associated with feelings of happiness, pleasure, positivity and well-being. Presented by Griswold HomeCare.

To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.

Downsized Gourmet

Monday, February 22 at 12 Noon

They're back! Join Susan and Paul Doyle of Oasis Senior Advisors. Throw open the cabinets and refrigerator, pull up a chair, and watch them work their magic creating and cooking with things you have at home. Learn how to solve the problem of how to enjoy cooking on a smaller scale by preparing easy and tasty treats from the comfort of your own home.

To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org.

The Health Benefits of Chocolate

Tuesday, February 9 at 2:00

Join Neil Anand of ComforCare for a delicious discussion of why eating chocolate can be good for you. Chocolate is regarded as an indulgent treat because it is mainly associated with weight gain and acne. Americans spend \$10 billion annually on chocolaty treats. It is not all bad news as countless studies show dark chocolate has many health benefits. **To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.**

ART CHAT

Tuesday, February 16 at 1:00 PM

Join Mastering the Masters instructor and artist Christine Goldbach for a Zoom art class dealing with everything from how to hold a pencil to art history. Chris Goldbach will talk about art in all its forms. This entertaining look into the wild and wide world of art will answer your questions and solve your art problems from a-z, abstraction to zinc white! Enjoy this special approach to art. Play along with Chris, have your art supplies (any medium) handy and be ready to explore. All are welcome. **To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.**

Where's Walt?

Tuesday, February 2 at 2:00 PM

Join the Fairfield Museum's Program and Volunteer Coordinator Walt Matis for *Where's Walt?* Each month, Walt will feature a different Fairfield area, highlighting Fairfield's neighborhoods. From the beaches to Greenfield Hill to Stratfield Village to Grasmere and Southport, learn the unique history of your hometown. Sponsored by the Friends of the Bigelow Center. **Click to register: <https://zoom.us/meeting/register/tJwvde6hqz4rHdaIjS9OpO2912ULxVZhkLd->**

Dr. Joseph Feuerstein, MD Stamford Health

Update on COVID-19 Vaccines

Tuesday, February 2 at 7:15pm

Dr. Joe is passionate about patient/public information and education. He will give us a brief presentation and allow for time at the end for questions. **To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.** Please log in a few minutes early so program can begin promptly at 7:15..

Senior-Youth Bridge

Fairfield Ludlowe High School is excited to open "Senior-Youth Bridge" in February, a pen pal and/or virtual visits connection between seniors and youth. Students gain the perspectives of their elders. Seniors enjoy sharing time with the youth. Communication can begin with letters from students which are brought to senior centers and hospitals. After sharing an introduction, some letters may ask questions like "How would you describe your life story? or What life advice do you have? Have you always felt that way or has your perspective changed? What has affected the perspective you now have?" Follow up communication can be in the form of letters and/or virtual visits on Zoom or Facetime.

If you would like to meet virtually (either with or without a pen pal correspondence) email for the link to select your virtual visit time slot: BigelowCenter@fairfieldCT.org

Ask the Attorney with Elder Law Attorney Denise Mortati

Thursday, February 11 at 1:00

To register, go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.

More to Do!

The Secret Life of Owls

Saturday, February 6 at 1:00

Owls have always been surrounded by an air of mystery, perhaps because they are nocturnal and not easily spotted in the wild. This is your chance to virtually explore the extraordinary features of owls, such as their exceptional eyesight and hearing and their ability to fly silently. Presented by Horizon Wings Raptor Rehabilitation and the West Woodstock Library. **For more information visit <http://www.westwoodstocklibrary.org/>**

Worried But Well

Wednesday, February 17 at 11:00

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? **Email to register Heather.Gately@homeinstead.com**

What's it Worth

Thursday, February 18 at 6:30 pm

The Fairfield Public Library presents a discussion on the value of your antiques and collectibles. Presented by Mike Ivankovich, Radio Host of "What's It Worth?" on WBCB 1490 AM in Philadelphia. First 25 people to sign up can have an item appraised during the program. **Click to register: <https://fpct.librarymarket.com/events/virtual-whats-it-worth-mike-ivankovich>**

Art Tips and Tricks in all Mediums with Chris Goldbach

Monday, February 1 at 3:00

Discussion and demo of some of the most common issues regarding your art. Learn how making a grid can help you, how to hold the pencil when shading, what kind of eraser is good for different mediums, and what colors to mix to get skin tones. **To register email wpetty@westonct.gov.**

Caregiver Burden is Real: Help is Here

Wednesday, February 17 at 3:00

If you are caring for a loved one, or someone who's loved one is caring for you, you know the challenges. Join for an honest discussion and learn tips to help you take care of those you loved. Presented by David Magner, Coordinator Early Memory Loss Program, Memory Workshop and Kathleen Regan, Community Services Director Southwestern Agency on Aging. **RSVP to: mpruzinsky@seniors.org or 203-556-1619.**

Poetry Writing Workshop with Ray Rauth

Mondays, February 8 and 22

March 8 and 22 at 2:00

Ray will facilitate peer to peer poetry development, not how to write poetry, but instead encourage the interaction among those in the workshop to develop a skill and voice. **To register email wpetty@westonct.gov.**

Easy Steps to Decluttering your Office Space

Wednesday, February 3 at 11:00

Now more than ever before, people are spending time at home. Yes, the pandemic and the colder weather are a big part of that nesting urge. Have you ever felt overwhelmed when you look around your home? It can be frustrating to see things take over your life (ironically, things you may not even like or need.) The goal is not decluttering as much as it is creating the kind of order that allows peace to be in your home and in your life. **To register email cjegen@westonct.gov.**

Wednesday is Game Day!

Wednesdays this winter at 2:00

Wednesday, February 3—Jeopardy!

Join Cindy Perham with Atlantic Home Loans in Fairfield for a fun and challenging game of Jeopardy.

Wednesday, February 24—Timeline: 1950s Trivia Edition

David Magner from the Early Memory Loss Program at Jewish Family Services challenges you to trivia from YOUR era.

To register for one or both, go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.

Introduction to Mindfulness with Hilary Misiano

Wednesdays in February at 3:00

Join Hilary Misiano, a certified Mindful Schools Instructor on Wednesdays from 3pm-3:30pm. We will start with an introduction to secular mindfulness then learn exercises to practice mindfulness. You will learn how the brain and body benefit from practicing mindfulness. This series is open to new students. **To register email cjegen@westonct.gov.**

Joint Replacement: What You Need to Know

Thursday, February 11 at 10:00

Joint replacement surgery should only be considered after you've explored all other avenues of treatment. Join Orthopedic Surgeon, Dr. Daniel Markowicz from Hospital for Special Surgery and learn how to know if you are a candidate for joint replacement surgery, whether there are age limits for joint replacement surgery, how to prepare for a joint replacement, what to expect after surgery and what you can do to aid in your own recovery. Program provided by Visiting Nurse and Hospice and Waveny Lifecare Network.

To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.

Opera with Jeffrey M. Engel—"Mefistofele" by Arrigo Boito

Wednesday, February 10 at 11:00

Arrigo Boito(1842-1918) wrote libretti for Verdi's last two operas, "Othello" and "Falstaff." Mefistofele is his one completed opera. The title role offers a bass to shine as a singer and an actor. **To register email lgilmore@westonct.gov**

Fairfield History Center presents: Lives Well Lived

Join the History Center for a series of events and activities around the documentary by filmmaker Sky Bergman. *Lives Well Lived* celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest. Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. **Visit www.fairfieldhistory.org for details and registration information.**

· **First event: 2/19-2/21, Friday-Sunday: The public has the access code to screen the film on their own.**

· **Second event: 2/21, Sunday: A Live Virtual Q&A with Director of Film**

· **Third event: 2/24, Wednesday: Living History/Oral Historian Speaker with a Live Poem Activity: How Do I Want to Be Remembered? (45 minutes, afternoon; made available to view anytime)**

· **Fourth event: 2/27, Saturday: Follow-up Oral History workshop (Registration required)**

Sky Bergman is an accomplished, award-winning photographer. *Lives Well Lived* is Sky's directorial debut. Her fine art work is included in permanent collections at the Los Angeles County Museum of Art, The Brooklyn Museum, the Seattle Art Museum, the Santa Barbara Museum of Art, and the Bibliothèque Nationale de France in Paris.

To learn about the film: <https://www.lives-well-lived.com/>

Even More to Do!

Around the Senior Center...

By the time you read this, the **Fairfield Health Department** is well on its way to protecting us with the COVID vaccine. We are so grateful its team who, with patience, professionalism and kindness, from the beginning of the pandemic, have worked hours and hours to get us the most current information to stay safe, and are now working to get us all vaccinated. **Keep up to date with COVID information and vaccine availability by visiting the Health Department website: <https://fairfieldct.org/news/?FeedID=4049>**

Speaking of the Health Department Vaccine Clinic, did you happen to catch our own **Nancy Legare on News12?** Nancy, also the former Chair of the Human Services Commission, gave a wonderful interview about the importance of getting the vaccine and keep those you love, and yourself, safe and healthy. Here's a link to her interview (hopefully the link will still work by the time you read the newsletter: <https://connecticut.news12.com/fairfield-to-start-vaccinating-those-over-the-age-of-75-as-soon-as-wednesday>)

Our thanks to the **Fairfield Rotary Club** for awarding us a grant to kick start an iPad Lending Library. If you do not have a tablet or smart phone, soon you'll be able to borrow one from the Bigelow Center for four weeks at a time.. We're working out the details now and will keep you posted.

There's no word yet on when we'll reopen. Stay tuned for more information. It wouldn't be a newsletter without a reminder to register on MyActiveCenter. Most of you have and know how easy it is to use. If you haven't registered yet, please take the time to sign on.

Lastly, we can't wait for you to return for activities, or drive-thru for a lunch so you can meet Brenda Steele in person. In March we'll set up a Zoom coffee so you can meet her.

At Home Craft: Make your own Coffee Filter Wreath Thursday, February 11 at 10:00

To register for zoom link and list of supplies, send an email to senior@granby-ct.gov.

Diabetes and Chronic Disease Support and Discussion Group Tuesday, February 9 at 1:00.

Facilitated by the Fairfield Health Department. Register in advance for this meeting: **Please contact Santina Jaronko at 203-256-3150 or email her sjaronko@fairfieldct.org** with any questions or for more information.

VIRTUAL Senior Book Club: Wednesday, February 17 at 11:00

Please join the Senior Literary Society book club via Zoom for a virtual discussion of **The Other Einstein** by Marie Benedict with . Sign up with your email address to get the Zoom link.
Email Mary Coe at mcoe@fplct.org.

Weekly Exercise Classes

Mondays

10:00 Stretch & Tone with Linda
10:00 Zumba Gold Toning with Pauline
10:30 Yoga with Jeannie
1:00 Tai Chi with Jonathon

Tuesdays

10:00 Tai Chi with Alma
10:15 Zumba with Germaine
10:30 Sit and Fit with Marylou
1:00 Zumba Gold with Lili

Wednesdays

10:00 -Zumba Gold Toning with Pauline
10:00 Aerobics with Marylou
11:15 Strength Training With Miriam
1:30 Qigong with Julie/Hedwig

Thursdays:

9:00 Chair Yoga with Jeannie
9:30 Group Meditation with Ginny
10:00 Tai Chi with Ken
10:15 Zumba with Germaine
1:00 Tai Chi with Jonathon

Fridays

10:00 Tai Chi with David
10:00 Body Balance with Lauren

New Exercise Class with Germaine: Platinum Barre

Mondays at 11:00 starting February 1.

Platinum Barre offers a cardio-centric, faster-paced class using a step and ankle/wrist weights, as well as light hand weights. **Go to MyActiveCenter or email BigelowCenter@fairfieldct.org.**

AARP CT Presents:

AARP CT: Wadsworth Atheneum Virtual Tour Series Black History Month Celebration

Wednesday, February 10 at 7:00 PM

Join us for a very special 2021 virtual tour series with the Wadsworth Atheneum Museum of Art. Each tour will feature a different docent lead theme. You may join us for any or all of the free tours, but please be sure to sign up for each individually to receive log-in information. You can register for the entire series line-up by going to www.aarp.org. **Email to register: ctaarp@aarp.org**

AARP-CT Webinar Wednesday: Living with Dementia

A Conversation with the LiveWell Community

Wednesday, February 17 at 1:00 PM

Join AARP CT as we offer you an intimate conversation with families living with dementia. Facilitated by LiveWell's Erica DeFrancesco. Learn about the resources, supports and guidance in navigating after the diagnosis through their experiences and those of their families.

Registration will provide you with a link to the Zoom platform. **Email to register: ct@aarp.org**

Programs from the Fairfield Public Library

A Different Kind of Book Club. Monday, February 1 at 6:30: – in February we explore the Mystery book genre. Click here for information: <https://fplct.librarymarket.com/events/virtual-different-kind-book-club-mysteries>

Tech Help Thursdays at 11:00. Learn a different digital library resource each week

Thursday, February 4: Kanopy film streaming (<https://fplct.librarymarket.com/events/tech-help-kanopy-1>)

Thursday, February 11: Medici/Freegal music streaming (<https://fplct.librarymarket.com/events/tech-help-medicifreegal>)

Thursday, February 18: Novelist Plus reading book database (<https://fplct.librarymarket.com/events/tech-help-novelist-plus>)

Thursday, February 25: Infobase Learning Cloud (formerly hoonuit) for technology, information literacy (<https://fplct.librarymarket.com/events/tech-help-infobase-learning-cloud-hoonuit>)

Monday, February 22 at 6:30: Virtual: What's Cooking Series – The Tasty Yolk. Click to register: <https://fplct.librarymarket.com/events/virtual-whats-cooking-series-tasty-yolk>



Lifelong Learners Tuesdays in March

Instructions for Registration Tuesdays in March 2021

Zoom continues to be a lifesaver for online classes, although it is not yet perfect every time. It's a good idea to update your Zoom to the latest version. Click the Zoom icon and search for updates and upload it.

Remember, you must have a working email to participate in Zoom. This is how we will send you invitations and course links.

To facilitate Zoom classes, we have added an extra step to the Registration process for Tuesdays in March course offerings.

1-Students **MUST** fill out the registration application, and mail it in with a check, to the Bigelow Center for Senior Activities.

2-Students **MUST** then visit the online registration site by entering a code into your browser (e.g., Firefox, Chrome, Safari) to fill out the requested information **AGAIN**, and to check your course selections. Make sure to click *Submit* when you finish this one-page online form.

3-ALL steps for Tuesdays in March registration **MUST** be completed by Friday, February 12, 2021.

Happy Learning!
Pat Sabena, Chair
Paul Lipof and Sue Roer, Tech Team

2021 TUESDAYS IN MARCH REGISTRATION

(Please submit a separate application form for each student.)

Tuition is \$5 per course* plus a one-time
\$15 registration fee valid Sept. - June.

Name _____

Telephone _____

Email _____

Address _____

Apt # _____

Town _____ Zip _____ New address? _____

Course# _____ Course Title _____

\$15 Registration Fee (valid September/June) \$ _____

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Lifelong Learners Tuesdays in March

ONE IN A BILLION: REFLECTIONS ON A GLOBAL ECONOMY with Keith Gallinelli: Tuesday, March 2 at 10:00

Keith Gallinelli has had the opportunity to work and travel in at least 50 countries. Working mainly with students in high schools and universities, Keith has seen how other countries are preparing their young people to be competitive in the future global economy. His talk will focus on his experiences abroad, and what countries in Asia, the Middle East and Africa are doing to position themselves over the next 50 years. *Keith Gallinelli, Director of International Admissions at Sacred Heart University, returned to the United States after 13 years of living and teaching in Asia.*

LEONARD BERNSTEIN: HIS LIFE AND MUSIC with Dr. Joe Utterback: Tuesday, March 2 AT 1:00

Leonard Bernstein's natural musical talents were demonstrated from a very young age. This extraordinary composer, pianist and conductor became the first American conductor to achieve worldwide fame. In addition to elaborating further on Bernstein's life and work, Dr. Joe will present a brief survey of Bernstein's opera *Candide* and his musical *West Side Story*. *Dr. Joe Utterback is a jazz pianist with experience performing and recording around the world. His works for piano, organ, voice, chorus and chamber ensembles have won awards annually since 1991. Dr. Joe currently teaches music at Sacred Heart University.*

HOW CAN YOU THRIVE IF YOU DON'T KNOW WHO YOU ARE? With Larry Ackerman: Tuesday, March 9 at 10:00

Larry will lead us through an interactive discussion about the importance of knowing who you are — your identity — and what it means to all of the relationships that impact your life. The session is based on Larry's book, *The Identity Code: The 8 Essential Questions for Finding Your Purpose and Place in the World*. *Larry Ackerman offers identity strategy development for companies seeking greater brand impact and employee engagement. He does personal coaching and workshops for people striving to build more fulfilling, successful lives.*

APPROACHING THE HOLOCAUST THROUGH POETRY AND ART with Gail Ostrow: Tuesday, March 9 at 1:00

We will read poems that anticipate, describe, and attempt to understand what happened during the War Against the Jews from 1933-1945. The art of Samuel Bak and David Olère, among others, will complement our readings. *Gail Ostrow, educator and activist, has taught an innovative program about the Holocaust at Black Rock School in Bridgeport and Literature of the Holocaust at Fairfield University for 12 years.*

AUDIOBOOKS – CANDY FOR THE EARS with Marnye Young: Tuesday, March 16 at 10:00

Designed for anyone interested in the audiobook industry, this course will provide an introduction to the basic concepts of narrating, producing and publishing an audiobook, as well as development and practice in acting and narration techniques. *Marnye Young is a multi-award-winning narrator for NY Times, WSJ and USA Today's best-selling authors. She is an owner of Audio Sorceress, a globally recognized audiobook production company. A SAG-AFTRA voice, stage and screen actor, Young has performed across the globe and is sometimes referred to as an "accent guru."*

SERVICES FOR REFUGEES AND IMMIGRANTS with Alicia Kinsman, Esq. Tuesday, March 16 at 1:00

Alicia Kinsman will speak about the Connecticut Institute for Refugees & Immigrants' Project Rescue work with immigrants, refugees, survivors of torture and human trafficking, and unaccompanied minors. *Alicia Kinsman, Esq. is the Senior Staff Attorney and Technical Advisor at the CT Institute for Refugees and Immigrants (CIRI). Alicia is part of CIRI's Immigration Legal Services, which serves nearly 4,000 clients and their families each year. She also has her own solo immigration practice.*

A HIDDEN CHILD'S FAMILY SAYS THANK YOU with Wendy Bogage Swain: Tuesday, March 23 at 10:00

Wendy will share the story of her journey to visit the French Abbey, where her cousin was hidden during WWII, honoring the woman responsible for her cousin's survival and her naming to "Righteous Among the Nations" status in 2017. *Wendy Bogage Swain is a well-known artist and former President of the Society of Connecticut Sculptors. She also has had a long career as a teacher of French and Spanish.*

THE TROJAN WAR: LEGEND, ARTIFACTS & MYTHS with Dr. Sally Allen: Tuesday, March 23 at 1:00

This session will take participants on a virtual tour of the British Museum's Troy exhibit which was on view in spring 2020. Through material (vases, paintings and statuary) and literary sources, we will explore the Trojan war myth, from its origins and many conflicts, to its aftermath. *Sally Allen holds a PhD in Literature, Reading, and Media Education from New York University. Her research area is the influence of literature on ensuing generations of writers. Currently, she is researching the influence of Homer in literary fiction.*

IS IT A BIRD, IS IT A PLANE? NO, IT'S A DRONE with Jay A. Dirnberger. Tuesday, March 30 at 10:00

The Unmanned Aerial Vehicle (Drone) industry has become a multibillion-dollar global business in less than 10 years. After a brief history, we'll learn about the types of drones in use today, the advantages and disadvantages of their use, current applications by the military, business and government and new developments in the industry. *Jay Dirnberger has made a study of the development and application of drone technology. His first encounter with drones occurred when he was a helicopter pilot with the 1st Cavalry Division in Vietnam in 1968.*

THE MICROBIOME'S IMPORTANCE TO YOUR HEALTH with Dr. Michele Agler: Tuesday, March 3 at 1:00

Each person has a unique network of microbiota (microorganisms such as bacteria, fungi, parasites and viruses) that coexist within our body and are important to our health. Over time they may change depending on environmental exposure and diet and may contribute to disease. We will review scientific data that discuss the clinical potential of the microbiome for treating a wide range of diseases. *Michele Agler has a PhD in Biological Sciences from St. John's University.*

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 the center to make and appointment with our CHOICES volunteer: **203-256-3166. Be sure to ask about the Medicare Savings Program**, which helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays.

STILL MORE TO DO!

History Lecture Series with J. Day PhD

The Boiling Republic: Civil War

Friday, February 4 at 2:00 PM

In the final years leading up to the Civil War, the South trusted the government less and less. Illinois Congressman Abraham Lincoln became a prominent figure at this time in American politics. **To register email seniorcenter@oldlyme-ct.gov.**

Living Heart Healthy

Wednesday, February 10 at 10:30 AM

Your doctor says you need to make some changes in your life, especially with your diet and exercise. Perhaps you're wondering: Will it really make a difference? Do you really need to make those changes if you're taking medicine for your heart? The answer is yes. Your lifestyle does matter -- a lot. **Call 860-584-7895 to register.**

Navigating the Golden Years

Tuesday, February 16 at 11:00 AM

Life in general can be filled with the unexpected. What are the varying levels of care; what types of housing, funding sources, and resources are available? Discussion will include being proactive vs. reactive. Presenter will be Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging at MidState Medical Center in Meriden.

To register email guberman@plainville-ct.gov.

Exploring the Importance of Pollinator Pathways

Thursday, February 18 at 7:00 PM

Presented by Jim Sirch and Mary Ellen Lemay, eco-friendly gardening experts.

Pollinator pathways are pesticide-free corridors of native plants that provide nutrition and habitat for bees, butterflies and other pollinators. These pathways are crucial to biodiversity, the production of healthy crops, and the health of ecosystems that wild animals rely on for food and habitat. Most native plants require less watering and upkeep than ornamentals and the pollinators you attract will help your other garden plants and vegetables flourish as well. Nothing is more stress-relieving than watching butterflies fluttering carelessly through our yards, drifting from here to there on a gentle breeze, occasionally stopping to display their colorful murals. Why not create an area for them to thrive? Join us to learn about the benefits of pollinator pathways and how you can create your own.

To register email programreg@lymepl.org.

Current Events Lecture with Jared Day PhD

Friday, February 19 at 2:00PM

Education in International Perspective Part 2. To register email seniorcenter@oldlyme-ct.gov.

Unforgivable Blackness: The Rise & Fall of Jack Johnson Part I

A Ken Burns Production

Tuesday, February 23 at 1

Follow Jack Johnson's remarkable journey from his humble beginnings in Galveston, Texas, as the son of former slaves, to his entry into the brutal world of professional boxing. To register email senior@granby-ct.gov.

Men's Health: A Path to Health & Wellness

Thursday, February 25 at 10:00AM

Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

Music and Monarchs: Classical Music from Elizabeth I to Elizabeth II

Thursdays at 11:00 or 1:00?

From Medieval to Modern times, composers have shared a harmonious and tumultuous relationship with the monarchs whom they have served. Great compositions often bear a direct relationship with the King and Queen seated on the throne. We will explore the life and works of great composers and movies that present the life and times of famous, and infamous, Kings and Queens.

To register email floodmh@mansfieldct.org.

Eco-Safari of the CT River Watershed

Sunday, February 27 at 2:00 PM

The Connecticut River is recognized as one of the most ecologically and culturally important rivers on the U.S. east coast. In this interactive webinar, conservation biologist Jim Arrigoni will take you on a virtual tour of the watershed, highlighting the flora and fauna and unique aspects of its natural and human history. Presented by Jim Arrigoni, Conservation Biologist. Jim has two decades of field-work experience with birds, amphibians, reptiles, fish and aquatic insects in far-flung locations from his roots in New England to the Pacific Northwest, Belize, and Hong Kong. He earned a B.S. degree in wildlife biology from the University of Vermont, and a M.S. degree in conservation biology from the State University of New York in Syracuse. **To register email programreg@lymepl.org.**

Veterans Services and Resources

Ramon Agosto, State of Connecticut. Dept. of Veterans Affairs
Call for assistance: 203-336-2570



February 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Zumba with Pauline 10:00 Stretch and Tone with Linda 10:30 Sewing Ladies Coffee 10:30 Yoga with Jeannine 11:00 Platinum Barre with Germaine 1:00 Tai Chi with Jonathon 3:00 ART TIPS AND TRICKS WITH CHRIS GOLDBACH 6:30 FPL/DIFFERENT KIND OF BOOK CLUB	2 10:00 Tai Chi with Alma 10:15 Zumba with Germaine 10:30 Sit and Fit with Marylou 11:00 UNEXPECTED HEALTH BENEFITS OF LOVE 1:00 Zumba Gold with Lili 2:00 WHERE'S WALT? 2:00 Library Author Talk 7:15 DR. FEUERSTEIN, MD TALK:COVID VACCINES	3 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Aerobics with Marylou 11:00 Library Tech Help 11:00 DECLUTTERING YOUR OFFICE 11:15 Strength Training with Miriam 1:00 Chess 1:30 Qigong with Julie/Hedwig 2:00 GAME DAY:JEOPARDY 3:00 MINDFULNESS	4 9:00 Chair Yoga with Jeannie 9:30 Group Meditation with Ginny 10:00 Tai Chi with Ken 10:15 Zumba with Germaine 11:00 Library Tech Help 11:00 MUSIC AND MONARCHS 1:00 Tai Chi with Jonathon 2:00 VIRTUAL BOOK CLUB 3:00 ELDER ABUSE PROGRAM	5 10:00 Body Balance with Lauren 10:00 Tai Chi with David 10:30 Sewing Ladies Coffee 2:00 US HISTORY/JARED DAY 2:00 BLACK HISTORY MONTH: ADRIENNE PARK-MOND
8 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Stretch and Tone with Linda 10:30 Sewing Ladies Coffee 10:30 Yoga with Jeannine 11:00 Platinum Barre with Germaine 12:00 THE SANDWICH GENERATION 1:00 Tai Chi with Jonathon 2:00 POETRY WRITING 5:00 ADVANCE DIRECTIVES WORKSHOP 6:30 Library Virtual Book Club	9 AARP TAX HELP 10:00 Tai Chi with Alma 10:00 LIFELONG LEARNERS 10:15 Zumba with Germaine 10:30 Sit and Fit with Marylou 12:00 AAA GO IN THE SNOW 1:00 Zumba Gold with Lili 1:00 ADVANCE DIRECTIVES 1:00 LIFELONG LEARNERS 1:00 DIABETES/CHRONIC DISEASE SUPPORT GROUP 2:00 HEALTH BENEFITS OF CHOCOLATE	10 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Aerobics with Marylou 10:00 MARK ALBERTSON: USS CT CONSTITUTION 10:30 LIVING HEART HEALTHY 11:15 Strength Training with Miriam 1:00 Chess 1:00 OPERA WITH JEFFREY ENGEL 1:30 Qigong with Julie/Hedwig 3:00 MINDFULNESS 7:00 AARP: THE WADSWORTH ATHENEUM	11 9:00 Chair Yoga with Jeannie 9:30 Group Meditation with Ginny 10:00 Tai Chi with Ken 10:00 JOINT REPLACEMENT 10:00 LIFELONG LEARNERS 10:00 COFFEE FILTER CRAFT 10:15 Zumba with Germaine 11:00 MUSIC AND MONARCHS 11:00 Library Tech Help 1:00 Tai Chi with Jonathon 1:00 ASK THE ATTORNEY 1:00 LIFELONG LEARNERS	12 10:00 Body Balance with Lauren 10:00 Tai Chi with David 10:30 Sewing Ladies Coffee
15 Closed for Presidents Day	16 AARP TAX HELP 10:00 Tai Chi with Alma 10:00 LIFELONG LEARNERS 10:15 Zumba with Germaine 10:30 Sit and Fit with Marylou 11:00 NAVIGATING THE GOLDEN YEARS 1:00 Zumba Gold with Lili 1:00 ART CHAT 1:00 LIFELONG LEARNERS	17 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Aerobics with Marylou 11:00 WORRIED BUT WELL 11:00 SENIOR BOOK CLUB 11:15 Strength Training 1:00 Chess 1:00 STORIES FROM THE ATTIC: VALENTINES 1:00 AARP: LIVING WITH DEMENTIA 1:30 Qigong with Julie/Hedwig 2:00 GAME DAY: WHERE IN THE WORLD 3:00 CAREGIVERS' FORUM 3:00 MINDFULNESS 3:00 CAREGIVER BURDEN IS REAL	18 9:00 Chair Yoga with Jeannie 9:30 Group Meditation with Ginny 10:00 Tai Chi with Ken 10:00 LIFELONG LEARNERS 10:15 Zumba with Germaine 11:00 MUSIC AND MONARCHS 1:00 Tai Chi with Jonathon 1:00 LIFELONG LEARNERS 6:30 WHAT'S IT WORTH? 7:00 Community Meditation 7:00 POLLINATOR PATHWAYS	19 10:00 Body Balance with Lauren 10:00 Tai Chi with David 10:30 Sewing Ladies Coffee 2:00 CURRENT EVENTS WITH JARED DAY
22 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Stretch and Tone with Linda 10:30 Sewing Ladies Coffee 10:30 Yoga with Jeannine 11:00 Platinum Barre with Germaine 12:00 DOWNSIZED GOURMET 1:00 Tai Chi with Jonathon 2:00 POETRY WRITING 6:30 FPL VIRTUAL WHAT'S COOKING SERIES	23 AARP TAX HELP 10:00 Tai Chi with Alma 10:00 LIFELONG LEARNERS 10:15 Zumba with Germaine 10:30 Sit and Fit with Marylou 1:00 Zumba Gold with Lili 1:00 LIFELONG LEARNERS 1:00 UNFORGIVABLE BLACKNESS PART 1 2:00 AFTERNOON OF MUSIC FEATURING STEVE TOLL	24 AARP TAX HELP 10:00 Zumba with Pauline 10:00 Aerobics with Marylou 10:00 MARK ALBERTSON: HARRIET TUBMAN 11:15 Strength Training with Miriam 1:00 Chess 1:30 Qigong with Julie/Hedwig 2:00 GAME DAY: TRIVIA 3:00 MINDFULNESS	25 9:00 Chair Yoga with Jeannie 9:30 Group Meditation with Ginny 10:00 Tai Chi with Ken 10:00 LIFELONG LEARNERS 10:00 MEN'S HEALTH 10:15 Zumba with Germaine 11:00 MUSIC AND MONARCHS 1:00 Tai Chi with Jonathon 1:00 LIFELONG LEARNERS 7:00 Community Meditation	26 10:00 Body Balance with Lauren 10:00 Tai Chi with David 10:30 Sewing Ladies Coffee

Social Services Support and Resources

COVID VACCINE INFORMATION

At the time of print, those eligible for COVID-19 Vaccination include all Phase 1a eligible individuals and those Phase 1b individuals who are 75 years of age and older. Going forward, others will be added. Please check the Health Department's website regularly for updated information. Click here to view the COVID page: <https://fairfieldct.org/news/?FeedID=4049>

Using VAMS is a Federal requirement at this time. Please note that **every individual MUST have his or her own unique email to be vaccinated** with the Vaccine Administration Management System (VAMS). For example, if you are registering your elderly parent and you use your email, you will not be able to be vaccinated using that same email. Those needing assistance will need to contact a family member or friend to assist you. **To register on VAMS, follow this link to the CT Department of Public Health Webpage:** <https://dphsubmissions.ct.gov/OnlineVaccine> . If you or someone you know do not have email or internet, there is COVID

Vaccine Appointment Assistance link to call to make an appointment: 877-918-2224.

If you have general questions, call the Fairfield COVID Call Center, Mondays-Fridays from 10:00—1:00. Volunteers will try to help get the answers you need (*but they cannot make or confirm appointments*). The number is 203-256-3082.

Shopping Options in the Community

Shopping Angels in Connecticut

Shopping Angels is an international volunteer organization that has now been established in Connecticut. Shopping Angels utilizes low-risk volunteers to provide shopping and delivery services for those who either cannot or should not venture out of their homes even for groceries and other necessities. Volunteers will go to a store, or sometimes several stores, to find the much-needed items that at-risk populations are requesting. They keep in touch with clients throughout the process, and upon delivery, clients exchange cash for their items or pay by PayPal or Venmo.

Clients are never expected to pay more than the amount shown on the receipt! Those in need of a Shopping Angel or those wishing to volunteer should email shop-pingangelset@gmail.com.

Peapod: Stop and Shop online shopping; delivery or pick-up. www.peapod.com

Wholefoods/Amazon Prime: Online shopping and delivery. www.wholefoods.com

Shoprite: Online order and have delivered. www.shoprite.com

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GoGoGourmet has availability of hundreds of different restaurants in your area. Just one call to +1 (855) 754-5328 and get your favorite meal delivered right to your door.

Black Rock Church Hot Meal Drive-thru

Tuesdays, 5:00—5:30 beginning January 12, 2021

Black Rock Church will resume its Hot Meal Drive-thru beginning Tuesday, January 12. Each Tuesday through March, between 5:00 - 5:30 PM, individuals and families can receive up to six (6) hot meals for their families, along with a bag of groceries for the rest of the week. Reservations are not required, and the dinners and groceries are free. Black Rock Church is located at 3685 Black Rock Turnpike in Fairfield. For more information please call the church at 203-255-3401.

Snow Shoveling for Seniors Program

The Town of Fairfield recognizes that some of our residents are physically unable to shovel their driveways and walkways. Fairfield Social Services is coordinating Snow Shoveling for Seniors, our program to match volunteer students willing to do shoveling, with eligible seniors. The program provides assistance to eligible Senior citizens (65+) and people with disabilities (18+) who could benefit from help offered by student volunteers. **If you would like more information about the program, please call Fairfield Social Services at 203-256-3170.**

This program is completely dependent upon the number of volunteers that sign up and their availability when needed. Assistance is not guaranteed.

How to get the Groceries and Food You and Your Family Need

Operation Hope Food Pantry. Any Fairfield resident may go to the food pantry. Hours: Mondays, Wednesdays and Fridays from 10:00 – 12:00 noon and Thursdays from 4:00 – 6:00. Rides are available to the Food Pantry by appointment. 203-256-3168.

Mobile Food Pantry: If you are unable to get to Operation Hope or the market, please call Amy Luciano at the Center (203-256-3170) to see if you are eligible for home delivery.

Online Grocery Shopping Options

Instacart: In the wake of COVID-19, new service called Instacart has become an essential service for anyone looking to limit trips to the store and have their groceries, household goods, and much-needed medications delivered safely. To better support senior customers, Instacart has developed a new Senior Support Service, a high-touch support offering for customers over age 60. The Senior Support Service is designed to help seniors adopt online grocery delivery and stay safer ahead of the upcoming cold and flu season, when they may face increased health risks in light of the ongoing pandemic. Once you set up your account, you order and pay for groceries online.

The Senior Support Service has proven to be a valuable tool for seniors who want to limit in-person visits to grocery stores during the pandemic, but who may benefit from extra assistance with adopting online grocery delivery. When a customer uses Instacart's Senior Support Service, a dedicated specialist is ready to assist with a range of high-touch services — from setting up an account, to filling a virtual cart and placing a first order, to providing tutorials on key Instacart features like setting preferred replacements and chatting with their shopper, to troubleshooting problems or questions about an existing order. **Call 844-981-3433 for more information.**

Transportation Information

Senior Bus Transportation: Transportation to medical appointments and the grocery store is temporarily suspended. We hope to resume shopping trips in February., depending on the state of COVID. If you depend on the bus to take you to the supermarket each week, and are unable to get to the market, please call Social Services to sign up for the Mobile Food pantry. Every other week, a bag of shelf-ready food will be delivered to you.

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.

FINANCIAL HELP WITH YOUR PETS

Are you or someone you know having difficulty buying food or caring for your beloved companions? Please click for more resources and information: <https://www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available/>

MEDICARE

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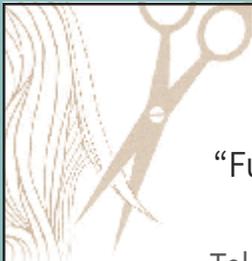
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Fairfield Senior Center, Fairfield, CT 06-5012

Important Information about AARP Tax Assistance and Fairfield Property Tax Deferment

AARP Tax Help

Wednesday, February 3 – Wednesday, April 14 by appointment

AARP Foundation is again offering free tax prep services at the Bigelow Center this tax season. Appointments for hour-long sessions with trained, certified volunteers will be available on Mondays, Tuesdays and Wednesdays, between 9:00 a.m. and noon, starting February 3—April 14.

This year is going to be a little bit different due to COVID. When you call for your appointment you will get more detailed instructions. **Please call the Bigelow Center to make an appointment:(203)256-3166.**

You should be prepared to answer questions on whether or not you've received the stimulus payment from the US Government CARES ACT. While the funds are not taxable, you may be entitled to this payment if never received.

Volunteers will not have access to your prior year information. Please bring your identification (driver's license and Social Security or Medicare card), supporting documentation for 2020 income and your 2019 tax return.

Additional Options for Federal and State Tax Prep Assistance

Connecticut Department of Revenue Services: To protect health and safety during the COVID-19 pandemic, DRS has suspended walk-in services to the public at its four branch offices. Call DRS for assistance: (800) 382-9463 (Connecticut callers outside the Greater Hartford calling area only), or (860) 297-5962 from anywhere Monday - Friday (8:30 am to 4:30 pm).

State Income Tax Assistance: Free assistance in completing Connecticut returns is available from the Connecticut Department of Revenue Services (DRS) by telephone or in person at any of our Field Offices. If you come to our offices for help in preparing your Connecticut income tax return **you must arrive by 4 p.m. and you must bring** all of the following items. DRS does **not** provide assistance in completing your federal return.

- Your completed federal income tax return
- Your Social Security card, and your spouse's if you are filing a joint return. To order a new or replacement Social Security card, visit <https://www.ssa.gov/ssnumber/>

- State copies of all W-2 forms and any other forms showing Connecticut tax withheld
- Property tax payment information if you paid property tax in Connecticut on your home or motor vehicle
- Photo Identification (driver's license, passport, or other government issued photo id)

NOTE: Both spouses must be present if you are filing a joint return.

You may be eligible for free assistance from the Internal Revenue Service ((800) 829-1040) or organizations listed below.

Those who cannot come to any of CTDRS offices can still receive tax help by calling (800) 382-9463 (Connecticut callers outside the Greater Hartford calling area only), or (860) 297-5962 from anywhere during business hours, Monday - Friday (8:30 am to 4:30 pm).

AARP's Tax-Aide Program, a partnership between the AARP Foundation and the Internal Revenue Service, provides free tax counseling and preparation services to middle-and low-income taxpayers, with special attention to people age 60 and older. Click on the Tax-Aide Site Locator which will take you to the AARP site for information on locations and hours. Many sites will e-file your federal and Connecticut returns at no cost to you. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the Tax-Aide Program.

The Volunteer Income Tax Assistance (VITA) Program offers free tax help for low-to moderate-income (under \$56,000) people who cannot prepare their own tax returns. Volunteers, sponsored by various organizations, receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Some locations also offer free electronic filing.

If you need assistance from VITA, see the list of Connecticut VITA Sites. Please note: When accessing this IRS link, you must select **Continue** to get to the screen which allows you to choose your zip code. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the VITA Program. VITA sites across the state have closed due to the COVID-19 pandemic. Visit Connecticut's 2-1-1 website and 'Free Tax Help' for updates, including Virtual VITA.

Community Accounting Aid and Services, Inc. (CAAS) is a not-for-profit agency providing free tax advice, accounting and financial counseling to economically disadvantaged businesses, individuals and not-for-profit organizations in Connecticut. CAAS is supported by the Connecticut Society of Certified Public Accountants (CTCPA). Assistance is available to (1) individuals with household income of \$25,000 or less, (2) married couples with combined household income of \$30,000 or less, (3) families of three with a household income of \$35,000 or less, (4) families of four or more with a household income of \$40,000 or less, and (5) not-for-profit organizations with annual revenue less than \$100,000 – and presently not using the services of an accountant. Phone 860-258-0218. Email: admin@communityaccountingaid.org; Web: www.communityaccountingaid.org

Town of Fairfield Property Tax Deferment Program

The Town of Fairfield has approved a new tax deferment program. This past spring the Town of Fairfield approved a tax deferment program (for taxes due April 1st and July 1st) that Governor Lamont authorized in response to the pandemic. The new Executive Order allows towns to offer deferment for taxes due January 1, 2021. The extension will be for a total of 90 days, (an additional 60 days beyond the normal grace period). The revised due date is April 1, 2021. Anyone who fails to pay by the new April 1 deadline would have to pay three months of interest added along with his or her existing bill. Escrow accounts are still ineligible for deferment. The deferment includes the Jan. 1st real estate, supplemental and regular motor vehicle and personal property taxes. Real estate accounts in escrow are **not eligible** for this program; Commercial landlords **must** fill out an application by Feb 1st. Commercial Landlord Application; Prior Oct 1st real estate and sewer installments are **not eligible** per Governor's executive order.

Wheel It Forward is a local non-profit library for durable medical equipment (DME). An easy way to borrow or donate gently used DME at no cost (donations welcomed). If you need DME or have gently used DME that is no longer needed call (203) 652-8600 or visit the website WheelItForwardUSA.org. Check out inventory, donate equipment, volunteer or donate to support volunteer-run operations. Serving Fairfield County CT and neighboring Westchester.