



BIGELOWCENTER

FOR SENIOR ACTIVITIES

The Newsletter of the Bigelow Center for Senior Activities **November 2021**
100 Mona Terrace, Fairfield CT 06824 203-256-3166 www.fairfieldct.org/bigelowcenter

Here's the link to sign up for your MyActiveCenter account:
<https://myactivecenter.com/#centers/USA.CT.Fairfield.Bigelow>

Click here to renew your membership online:
<https://www.fairfieldct.org/bigelow/membership>

Veterans Day Drive-Thru Breakfast Friday, November 12 from 9:30—11:00

Join us for a drive-thru breakfast outdoors in front of the Center as we celebrate our Veterans. Join us for breakfast sandwiches and coffee from *The Reef Shack*. Breakfast is sponsored by a generous and anonymous donor to honor our Veterans! Space is limited, sign up on MyActiveCenter.com or call the Center if you don't have access to a computer.

If the weather is nice please tailgating in the parking lot. If not, just pick up and drive thru. No matter where you choose to enjoy your meal, please remain in your car to receive your lunch (no walk-ups).



VETERANS DAY
HONORING ALL WHO SERVED

Veterans Affairs—Wednesday, Nov 10 at 12:30

Ramon Agosto, from the CT Department of Veterans Affairs, returns to offer Veterans and their families assistance with benefits and services. By appointment only. To register go to www.MyActiveCenter.com or if you don't have access to a computer call the Center for assistance.



Medicare Open Enrollment Thursday, November 18 from 10-1:30

The annual Medicare open enrollment period starts on October 15 and runs through December 7, 2021, for an effective date of January 1, 2022. During open enrollment, you can switch your Part D or Medicare Advantage plan. You may want to consider doing so if:

- ◆ There's been a change in your health status
- ◆ There's been a change in your prescription drugs
- ◆ Your premiums have increased significantly
- ◆ You moved out of your old ZIP Code
- ◆ Your doctors are no longer in your plan's network
- ◆ Your plan has been discontinued

Open Enrollment represents the one time of year when participants can make changes to parts of their Medicare coverage, specifically their Medicare Advantage/Part C and/or Part D plan. The choices you make at this time are critical as they may impact which doctors you may see, what your deductibles will be, which prescriptions will be covered and at what level.

What is particularly challenging is that because every individual has a unique set of medical needs, there is no "one size fits all" solution to enrollment. The danger is that friends or family members recommend a plan that works wonderfully for them, but fails to cover your unique needs. Compounding this issue is the sheer volume of mail, email, phone calls, ads and more that seniors receive at this time of year from every plan and every plan representative out there. What seniors and their caregivers must understand is that these companies are trying to sell a product and may not have your best interests at heart.

The Bigelow Center will be providing Open Enrollment half hour sessions, either by zoom appointments or by telephone. No appointments will be made without the pre-submitted requested information required by CHOICES. Please pick up a form at the front desk or [click here to download](#). Once your information is received, you will be able to schedule your 30 minute appointment (couples require a 60 minute appointment). All information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

CHOICES volunteers are unbiased counselors trained to help you or a senior you care for navigate open enrollment with your/their unique needs in mind. The Southwestern Connecticut Agency on Aging CHOICES volunteers are trained and experienced at looking at an individual's unique situation, medical history, current and anticipated future needs, and pairing them with a plan that will work best for them.

While you're reviewing your Medicare plan, don't forget to ask about the Medicare Savings Program (MSP), a federal program administered at the state level. It pays the Medicare Part B premium for you, which means an extra \$135/month in your pocket. It also qualifies you for the federal low-income subsidy to reduce your prescription drug costs.

Medicare Update Presentation Thursday, November 4 at 1:00



Lisa Alhabal, CHOICES counselor with the Southwestern CT Agency on Aging, will be on our big screen to present any and all changes to Medicare and insurance plans in 2021. Be sure your plan is right for you and that you are meeting your needs medically and financially. Registration required. Sign up on MyActiveCenter.com.

ART CHAT—Zoom Only Tuesday, November 16 at 1:00

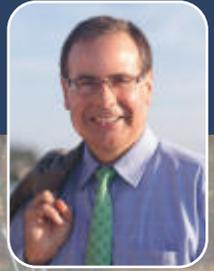


Join Mastering the Masters instructor and artist Christine Goldbach for a Zoom art class dealing with everything from how to hold a pencil to art history. Chris Goldbach will talk about art in all its forms. This entertaining look into the wild and wide world of art will answer your questions and solve your art problems from a-z, abstraction to zinc white! Enjoy this special approach to art. All are welcome. Art Chat classes provided by the friends and loved ones of Maureen Chuga, artist and long-time member. To register go to MyActiveCenter.com.



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News, Activities and Events

Monday at the Movies with Frank at 1:00

Frank DeStefano presents a series of gritty film noir dramas from the 1940s and 1950s.

Movies start at 1:00.

November 1—*Quicksand* Mickey Rooney, and Jeanne Cagney star in this 1950 film about an ordinary guy who sinks deeper and deeper into trouble after a petty theft. Some regard it as Rooney's best performance. 78m.

November 8—*The Spiral Staircase* Dorothy Maguire, George Brent, and Ethel Barrymore star in this 1946 suspense classic about a killer who stalks disabled women. Directed by noir specialist, Robert Siodmak, the film features Rhonda Fleming and Elsa Lanchester. 84m.

November 15—*I Want To Live* Susan Hayward won an Academy Award for her portrayal of a party girl who gets mixed up with a gang of thieves. When a botched robbery leads to murder, her associates implicate her, and she is convicted and sentenced to death in the gas chamber. Based on a true story, Robert Wise directed this 1958 film in documentary fashion. 120m.

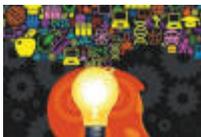
November 22—*Le Doulos* Jean-Paul Belmondo stars in this 1963 gripping French crime drama directed by Jean-Pierre Melville about the French criminal underground, and its peculiar code of ethics. Belmondo is at his best. 108m.

November 29—*Detour* In this 1945 film, a down on his luck musician hitchhiking to Hollywood finds himself with a dead body on his hands. Things go from bad to worse when he gets entangled with the most vicious femme-fatale in cinema history. Tom Neal played the musician, and Ann Savage, whose career as a Hollywood starlet was on the wane, became a film icon with her portrayal of the woman he picks up on the road. 68m.

Brain Games

Wednesday, November 3 at 12:00

Join us for a complimentary lunch & activity program that's not only fun but good for you! There are many ways we can improve brain health... eating the right foods, getting enough sleep, exercising our bodies and exercising our brains! Brain Games is an enjoyable and effective way to improve brain health! Presented by Ludlowe Center for Health & Rehab. Register at MyActiveCenter.com or call the Center. Space is limited.



Navigating the Holiday Season After Losing a Loved One

Thursday, November 4 at 2:00

Veronica Webb, LMSW, Hospice Social Worker, leads the discussion about ways to honor or memorialized your loved one; grieving vs. mourning; coping with grief; self-care, among other topics. Sponsored by Jewish Senior Services. Register by 10/28 by email to mpruzinsky@jseniors.org or call 203-556-1619.

Congregate Lunch Survey: Our reopening survey indicated that many would not return for lunch. Now that we're looking to reopen more this winter, we'd like to get a sense on where you stand on the lunch program. Your input is very important and we appreciate you taking a few minutes to complete the survey below. [Click here to download a survey](#) or stop by the front desk to pick up a copy.

From the Fairfield Fire Department: Please call 203-254-4720 to be added to the list to have your smoke detector checked. Please include your name, address, phone number and number of smoke detectors.



Friday Movies start at 12:45

November 5 – *Emma* (2020) In 1800s England, a well meaning but selfish young woman meddles in the love lives of her friends. Jane Austen's beloved comedy about finding your equal and earning your happy ending, is reimagined in this handsome, clever, and rich film. Emma Woodhouse is a restless queen bee without rivals in her sleepy little town. In this glittering satire of social class and the pain of growing up, Emma must adventure through misguided matches and romantic missteps to find the love that has been there all along.

On **November 12** the Fairfield Foreign Film Festival will present *Tokyo Story*. The crowning film achievement of the great Japanese director, Yasujiro Ozu. The film follows an aging couple's journey to visit their grown children in bustling postwar Tokyo. This black and white film from 1953 features Ozu regulars Chishu Ryu and Setsuko Hara.

November 19—*In the Heights* (2021) Centers on a variety of characters living in the neighborhood of Washington Heights in Manhattan. Usnavi, a bodega owner who looks after the aging Cuban lady next door, pines for the gorgeous girl working in the neighboring beauty salon and dreams of winning the lottery and escaping to the shores of his native Dominican Republic. Meanwhile, Nina, a childhood friend of Usnavi's, has returned to the neighborhood from her first year at college with surprising news for her parents, who have spent their life savings on building a better life for their daughter. Ultimately, the residents of the neighborhood get a dose of what it means to be home.

Lunch and Learns

Tuesday, November 16 at 12:00—The Benefits of Art and Expressive Therapies. Presented by Sheraton Caregivers.

Tuesday, November 30 at 12:00—REACT, a digital platform to measure, track, quantify, and, eventually, predict brain health, presented by LCB Senior Living in Westport plus Lifelong Therapeutics will host a Barre exercise class. Space is limited. Lunch will be served following the programs. To register go to www.MyActiveCenter.com



The Downsized Gourmet Virtual Cooking Program

Monday, November 15 at 3:00

It can be hard to cook for one or two. Learn to prepare easy and tasty treats from the comfort of your own home. Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during and after the pandemic. Register at MyActiveCenter or call the Center for assistance.

Chronic Disease and Diabetes Support Group

Tuesday, November 9 at 1:00

On the second Tuesday of every month, the Fairfield Health Department will be hosting the Chronic Disease and Diabetes Support Group. To register go to www.MyActiveCenter.com or call the Center for assistance.

Friday Lunches– November

Lunch includes main course, sides, dessert, drinks. \$5 per person. Reservations and cancellations must be made by Monday at 12:00 of each week. Register on MyActiveCenter.com or if you don't have access to a computer call the Bigelow Center.

Friday, November 5: Corn Chowder, Baked Tilapia, Sweet Potatoes

Friday, November 12: No Lunch (Vets breakfast)

Friday, November 19: Potato leek soup, Grilled Salmon w/Chives, Spaghetti Squash

Friday, November 26: No Lunch, the center is closed

If you are unable to afford lunch, call Social Services to make an appointment to discuss options for assistance 203-256-3170.

More Activities and Events!



The Senior Learning Network will be a series of presentations at the Bigelow Center on Tuesdays at 2 in the Fall. We are sharing the program with senior centers across the nation. The speaker will be live on our big screen in the multipurpose room (speaker is not in person.) ***This is NOT a Zoom from home program.*** Space is limited. **To register go to www.MyActiveCenter.com or call the Center for assistance.**



Tuesday, Nov 2- Dwight D Eisenhower Presidential Library and Museum

From January 20, 1953-January 20, 1961 Dwight D Eisenhower served two terms as President of the United States; brought armistice to Korean War; promoted Atoms for Peace; dealt with crises in Lebanon, Suez, Berlin, and Hungary and established the U.S. Information Agency. But did you know he also created the Federal Council on Aging? As President

he also saw Alaska and Hawaii become states; signed the 1957 Civil Rights Act, the first civil rights legislation since end of Civil War; sent federal troops to enforce court-ordered integration of Little Rock Central High School and signed the bill creating the National Aeronautics and Space Administration. Join us at the Presidential Library and Museum as we discover more about our 34th President.



Tuesday, Nov 16—Elephant Sanctuary

It's time to re-visit the amazing elephants and hear their stories as we gain an understanding of how they are cared for in captivity. Your audience will foster compassion for animals and an awareness of animal

welfare by hearing about the life stories of our resident elephants. We also discuss what goes into caring for the elephants at The Sanctuary, hopefully inspiring the next generation of animal care and non-profit.



Tuesday, Nov 23—Hoover Presidential Library and Museum



Herbert Clark Hoover, (August 10, 1874–October 20, 1964), mining engineer, humanitarian, U.S. Secretary of Commerce and the 31st President of the United States. In addition to public service, Hoover devoted his post-Presidential years to social causes such as the Boys Clubs of America and the Hoover Institution, a research center he had established on the Stanford campus in 1919. He also wrote more than 40 books

during those years. Hoover's attention returned to Iowa late in the 1950s when he agreed to allow friends and associates to construct a "Presidential library" near the site of his birthplace. Hoover insisted that the building be modest in size in accordance with scale of the other buildings in the community. The former President made his last visit to Iowa on August 10, 1962, to dedicate that building to the American people.



Tuesday, Nov 9— National Museum of the Pacific War

In honor of Veteran's Day, we will take a return visit to the National Museum of the Pacific War. This is always a favorite live tour! Come

and experience key events, numerous artifacts and hear more stories of those that served in the Pacific or the Home Front during WWII. Staff members will take you on an island hopping journey from Pearl Harbor to the surrender of Japan as they move through the George H.W. Bush Gallery.



Making Medicare Decisions With Confidence: 5 Questions to Ask Before Selecting A Plan. Thursday, November 18 at 7:00.

Build confidence and make the best choice for you when choosing a Medicare plan. When Medicare enrollment rolls around, you'll want to have a pros and cons list handy and be equipped with answers. Join us for a free webinar all about building your confidence in Medicare and learning what to ask to make the best choices for you. Avoid surprises and find out how different Medicare plans may impact your prescriptions, premiums and out-of-pocket costs. Plus, hear what other Medicare enrollees wish they'd known ahead of time. **Email to register aarpprograms@aarp.org.**

Smart DriverTEK Virtual Workshop: Discover the Safety Benefits of New Car Technology. Tuesday, November 30 at 7:00.

Learn how to utilize the latest high-tech safety features in your current car; what technology to look for when shopping for a new car; the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more! **Email to register sdtek@aarp.org.**

The Friends of the Bigelow Center for Senior Activities, Inc. need YOU! We're a 501c3 that raises money to enhance the programs, services, and facilities of the Bigelow Center. We're looking for volunteers to help plan and participate in our next big event—our annual St. Patrick's Day Celebration.



We're also looking for Board members. We're a small but dedicated group of volunteers that loves our Center. Join us! Board meetings are monthly.

For more information, call the Senior Center at [203-256-3166](tel:203-256-3166) or email FriendsoftheBSC@gmail.com.

Tools for Self-Care

Wednesday, November 10 at 7:00

You'll find tips, tools and practices to help you better care for yourself physically, spiritually and emotionally. We'll cover general self-care; grief and loss; relaxation and meditation methods; spiritual, mental and emotional health; reducing stress; and more. **Email to register aarpprograms@aarp.org.**

The Con Artist Playbook by AARP CT & Darien Library

Tuesday, November 30 at 3:00

Every day individuals are targeted by the criminal element via phone, email, online scams and ones you may not know about. Learn how to spot and stop a scam.

Email to register ctaarp@aarp.org.

Programs at the Fairfield Public Library

VIRTUAL: A DIFFERENT KIND OF BOOK CLUB (INTERNATIONAL AUTHORS)

November 1: Latinx/Hispanic Authors (#Own Voices) 6:30—7:30

PLEASE REGISTER FOR THE LINK TO BE EMAILED THE DAY OF THE EVENT.—Email: pbahr@fplct.org

Join us monthly for A Different Kind of Book Club. We focus on a single genre each month. No required book reading. Just an interest in learning more and/or sharing your favorite books from the genre.

2021 Schedule:

Nov 1: Latinx/Hispanic Authors (#Own Voices)

Dec 6: Best of 2021 - Our Favorite Books

Librarian Philip Bahr leads the program with occasional guests. After we cover the genre - history, favorite authors, seminal work - the group opens up, inviting participants to share their favorite books from the genre. If you're new to the genre, sit back and enjoy. You're guaranteed to leave with a great new list of books.

In Person: Talking About Books with Dr. Mark Schenker

November 4: Rotary Room, 6:45 - 7:45—*A Manual for Cleaning Women* by Lucia Berlin

Stories by North American Writers You May Not Know—But Should

This fall Mark Schenker joins us for another discussion series on the short story, focusing on a work by each of these four women writers:

Mavis Gallant (1922-2014), Sandra Cisneros (b. 1954), Edith Pearlman (b. 1936), and Lucia Berlin (1936-2004). Born respectively in Montreal, Canada; Chicago, Illinois; Providence, Rhode Island; and Juneau, Alaska, these writers present a variety of narrative styles that again illustrate the remarkable range of the contemporary short story. What one critic said of Lucia Berlin might be said of most of these fiction writers: “she’s one of America’s best-kept secrets.” Please contact Philip Bahr at the library to register: pbahr@fplct.org

Virtual "Stairway to Zeppelin" with Aaron Krerowicz

November 9 from 7:30 - 8:30

Beatles scholar and music professor Aaron Krerowicz is back virtually for this fun and informative multimedia presentation on the rock band Led Zeppelin. When Led Zeppelin II replaced Abbey Road as the #1 album in December of 1969, it symbolized a "passing of the torch" into a new era in popular music. This 60-minute multimedia presentation observes how 1960s rock bands The Beatles, The Rolling Stones, and The Yardbirds paved the way for Led Zeppelin in the 1970s. Please email mcoe@fplct.org to register to receive the Zoom link to join this program.

Soundwaves Concert - Friends of the Fairfield Public Library—IN PERSON

November 13, Memorial Room from 2:00 - 4:00

Join the Lions Gate Trio on November 13, 2021, at 2:00. This internationally-acclaimed piano trio will share with us riveting music for violin, cello and piano. The wit and grace of the unforgettable Joseph Haydn opens the concert. Next, unexpected treasures: Two forgotten Romantic gems by Russian composer Sergie Protopopov. And closing the concert, the expansive, humanistic spirit of Beethoven—so needed by our times ----soars forth, in the endless melodies of the famed Archduke Trio. A reception with light refreshments after the concert offers listeners a chance to meet the musicians.

The internationally acclaimed Lions Gate Trio, the Library's trio-in-residence, features Darrett Adkins on cello, Katie Lansdale on violin and Florence Millet on piano. Peter Alexander is the musical director. Soundwaves Concerts are made possible each spring and fall through the generosity of the Friends of the Fairfield Public Library. Email DSHARP@FPLCT.ORG to register.

SENIOR LITERARY SOCIETY IN PERSON

Wednesday, November 17th 11:00 am—12:00

Welcome back to the Bigelow Center! Please join us for an in person session of the Senior Literary Society book club at the Bigelow Center. We will be discussing November's selection When the Stars Go Dark by Paula McLain. Please sign up with the library. If you have any questions please email Mary Coe at mcoe@fplct.org.

A Virtual Experience: CT Masters' Games

Basketball, Pickleball & More!

Monday, November 15 at 12:00

Join us as we welcome Patrick Fisher, Executive Director of the CT Masters' Games as he takes us on a virtual journey behind the scenes of The Connecticut Masters' Games a multi-sport festival of Olympic-style competition for Connecticut's master amateur athletes. This organization offers people of all generations an opportunity to compete, coach and mentor each other to engage in their community, healthy activities and find ways to build a socially integrated community that offers age-friendly activities and programming for all. You will hear from athletes of all ages, coaches and footage from this year's games to see how this organization inspires and honors master athletes of any age.

Email to register ctaarp@aarp.org.

Mystic Mondays: Behind the Scenes with the Curator

Monday, November 15 at 1:00

This special behind-the-scenes program with Mystic Seaport Museum curator Krystal Rose will take you into Mystic Seaport Museum's locked "vault" to explore surprising and unusual artifacts held by the Museum and rarely seen by the public. Explore the story of a whale that traveled out west by train, beautiful furniture made of unexpected materials, curious ingredients used in perfumes, odd remnants of whaling voyages, strange stories from the manuscripts collection, and footage from special ceremonies at sea. **Email to register ctaarp@aarp.org.**

Thoreau, Emerson, Walden Pond & More

Wednesday, November 17 at 6:30

Stanford historian Caroline Winterer explores a remarkable group of 19th century Americans, the Transcendentalists, and how they coped with a chaotic world transformed almost overnight by massive technological and social changes. We'll look at Henry David Thoreau, Ralph Waldo Emerson, Margaret Fuller, John Muir, and other writers and artists living everywhere from the shores of Walden Pond to the snowy peaks of Yosemite. **Email to register findfun@aarp.org.**

Virtual Clean Cooking Demo: The Thanksgiving Harvest Table

Wednesday, November 17 at 7:00

From Roasted Carrot with Za'atar Soup, to Acorn Squash with Apple Spice Stuffing, and Maple Ginger Pear Pie, these recipes are the perfect festive and healthy additions to your holiday (and every day) menus. **Email to register ctaarp@aarp.org.**

Lifelong Learners: Winter Program, January 11 – February 8, 2022

**A WINTER PROGRAM
For LIFELONG LEARNERS
January 11 – February 8, 2022
* Only on Zoom Meeting (Zoom.us)**

Important Registration Information for Winter 2022 Lifelong Learners

With an abundance of caution we are continuing to conduct Lifelong Learners courses on Zoom into the winter of 2022 (and likely beyond). These are the steps to follow to register for winter courses. All steps* of winter registration MUST be completed by **Friday, December 17, 2021.**

1. Students MUST fill out the registration application, and mail it with your check to the Bigelow Center for Senior Activities.
2. Students MUST then visit the online registration site by putting this code <https://rb.gy/vtkek9> into your browser (e.g., Firefox, Chrome, Safari). Then fill out all the requested information AGAIN and check your course selections. Make sure to click Submit when you finish this one-page online form.

*If you did not participate in the fall 2021 courses with its requirement of filling out and sending in the new annual free membership form at the Bigelow Center for Senior Activities you MUST complete it now if you want to participate in winter and other courses in this September-through-June cycle. You can get this form by emailing patsabena@gmail.com or by contacting the Bigelow Center directly.

Your cooperation is greatly appreciated. We wish you happy holidays during the closing weeks of 2021, and a safe and healthy 2022.

Happy Learning!

Pat Sabena, Chair, Paul Lipof and Sue Roer, Tech Team

WINTER PROGRAM

Tuesdays at 10:00: RELATIVELY ROMANOV: FOUR WOMEN AND THE ROMANOV DYNASTY

Join us for the stories of Empress Marie of Russia; Queen Olga of Greece; Marie, Duchess of Saxe-Coburg-Gotha and Marie, Grand Duchess Vladimir. Two of these women were Romanov by birth, while two were Romanov by marriage. All four lived to witness the Russian Revolution that brought an end to the Romanov Dynasty. Instructor: Dr. Mona Garcia. January 11, 18, 25, February 1, 2022.

Tuesdays at 1:00: ATTEMPT TO UNDERSTAND THE POST-PANDEMIC ECONOMY

This course will review the context of the reopening of the US economy after the pandemic and emerging inflation and labor market trends. Will the Administration and the US Congress reach an agreement to create a sustainable framework to face current and future economic challenges, including wealth inequality and alternatives to GDP as economic indicators. Instructor: Dr. Mithat "Mito" Mardin. January 18, 25, February 1, 8, 2022 *note delayed dates.

Thursdays at 10:00: CELEBRATING THE CULTURES OF FRANCE, SPAIN, ITALY AND GREECE

Come along for the ride with Wendy Swain as she relives some European adventures in France, Spain, Italy and Greece. Her slides will bring those cultures alive with talk of history, language, holidays, foods and important places. Instructor: Wendy Bogage Swain. January 13, 20, 27, February 3, 2022.

Thursdays at 1:00: FOUR NEW FASCINATING PERSONALITIES

Georgia O'Keeffe, the iconic painter recognized as the "Mother of American modernism."

Alfred Stieglitz, Georgia O'Keeffe's husband, the trailblazing photographer instrumental over his 50-year career in making photography an accepted art form.

Mae West, risqué star of every conceivable type of entertainment since entering vaudeville as a child ("I used to be Snow White then I drifted").

Ervin Nyiregyházi, the amazing Hungarian piano prodigy who had 10 wives (not all at once!) who dropped out of the world concert stage as a young man and made an astonishing comeback 50 years later after decades as a Bowery bum.

Instructor: David Shafer. January 13, 20, 27, February 3, 2022.



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Lifelong Learners Registration

WINTER 2022 LIFELONG LEARNERS COURSE REGISTRATION APPLICATION

Please submit a separate application for each student.
Online registration is required as described on the next page.
Tuition is \$20 per course PLUS a one-time \$15 registration fee,
valid September through June.

Name _____

Phone # _____ Email _____

Street _____ Apt.# _____

Town _____ State _____ Zip _____ New address? _____

Course # _____ Course Title _____

Registration Fee (valid September-June) if not already paid **\$ 15.00**

of courses _____ x \$20.00 = _____ +
\$ _____

Less credit, if any, from cancelled Sir Gawain course - \$ _____

Total Due & Enclosed =
\$ _____

Please make checks payable to and mail to:

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

For further information phone (203) 256-3166

Fairfield Social Services Family Holiday Giving Program

Our Social Workers are already collecting for the holidays and we need your help! Fairfield Social Services is seeking gift cards and monetary donations for our annual Family Holiday Giving program. Each year the Town of Fairfield Social Services assists local families in need during the holidays. Gift card certificates are needed for supermarkets, gas, pharmacies and general holiday shopping. Donations are gratefully accepted during business hours 9 AM to 3:30 PM at the Bigelow Center for Senior Activities 100 Mona Terrace, Fairfield CT 06824.

For more information please contact: Eileen Fickes, MSW by emailing EFickes@fairfieldct.org or call Fairfield Social Services at 203- 256-3170.



Around the Senior Center

As we head into the holiday season, we would like to take a moment to say thank you to all of our wonderful members. The gift of friendship is precious indeed and we are grateful for your support and partnership. We wish you the happiness of good friends, the joy of a happy family, and a magical Thanksgiving!

As a reminder entering and exiting the building must be done at the front entrance only. This helps us with contact tracing and to be sure that everyone signs in. We know it may not be convenient but at this time, it's helping us keep everyone safe. Also, please only park in handicapped spaces if you have a handicapped parking pass.

The Bigelow Center's Member Council is growing! We are nearing 6000 senior center members and we need you. As the membership of the Senior Center grows, we need to hear from you? What's working? What would you like to see offered for classes and activities? How can you get involved? If you are interested in joining the Members' Council or would like more information about it please let us know. We'd love to have you join us.

SAVE THE DATE: Holiday Wreath Making Event. Thursday, December 2 at 11:00. Join Melissa DeMartin, of *The Painted Bird Crafts* for a Special Holiday Wreath Decorating Class. You will make a holiday inspired grapevine wreaths complete with frosted white winterberries pine branches, mini pinecones, a matching bow and other embellishments. Cost: TBD

COMING IN DECEMBER: The Police Union Luncheon is back! As you know, the pandemic made it impossible to celebrate with the Police Department last year, but one of our favorite events is coming back in December. We'll let you know the date as quickly as we can. Seating will be limited so when the registration is announced, sign up quickly.

Also coming in December—our Basket Raffle. Stay tuned for more details about what's in the baskets and how you can get tickets.

As booster shots become available, it may be necessary to cancel activities in the gym. We will try to give you as much advance notice as we can. The goal is to keep us healthy and safe, as always, and that may require some juggling of classes. Bear with us.

This winter we are hoping to launch Online Payments through MyActiveCenter. We've all been waiting for the ability to use a credit card to pay for classes and we're just about there. The hope is that, come this spring, when you register for lunch or trips online, you can pay at the time of registration. So easy. Hopefully.

Finally, please take a minute to fill out our lunch survey. Your voice and opinions matter to us.

Bigelow Center for Senior Activities Staff Directory

Main Number: 203-256-3166

Human and Social Services Director: Julie DeMarco, Ext. 3169
Bigelow Center Director: Brenda Steele, Ext. 6455
Secretary: Janet Merando, Ext. 3167
Activities Coordinator: Jennifer Henry, Ext. 2926
Receptionist: Nora Cooper, Ext. 3166
Social Services Coordinator: Malinda Johnson, Ext. 3171
Social Services Receptionist: Carol Hubbard, Ext. 3170
Social Workers: Eileen Fickes, Mila Rodrigues, Eileen Gombos, Amy Luciano can all be reached at Ext. 3170

Even More to Do! Programs from CT AARP

Mystic Mondays Museum Exhibit: "Sea as Muse." Monday, November 1 at 1:00. Experience the history of artifacts from the sea. Katherine Hajar, PhD., Luce Curator, will take attendees behind the scenes at Mystic Seaport Museum's new exhibit, "Sea as Muse," a celebration of rarely seen artifacts from the museum's collections. Email to register ctaarp@aarp.org.

Lecture: The Delicious History of Ice Cream. Wednesday, November 3 at 6:30.

Take a fascinating look at the history, science and social impact of ice cream. Culinary historian Sarah Lohman will guide you through the stories of some classic—and not so classic—ice cream flavors: from chocolate and vanilla, to ambrgris and brown bread. We'll talk about what gives ice cream its unique scoopable softness, as well as the impact of ice cream parlours on 19th century feminism and sexuality. You'll discover which came first: the ice cream sandwich or the ice cream cone? We'll even look at the surprisingly old origin of Dippin' Dots! Email to register findfun@aarp.org.

Acting Workshop: Coping with Caregiving Through Improv & Laughter. Wednesday, November 3 at 7:00. Through improvisational-based learning, caregivers will learn to shift how they respond to those under their care to reduce stress and upset for their aging and/or neurologically diminished loved one, as well as to increase connections and laughter. The Bolder Company will lead this 1-hour interactive seminar. Email to register ctaarp@aarp.org.

A Reflection of Times The Singer-Songwriters. Monday, November 8 at 12:00. Travel through time with the storytellers who influenced our future singer songwriters. In the late 1960s and early 1970s the "singer songwriter" entered the music scene. These were not the "folksingers" of the early 1960s; the singer songwriters sang much more introspective songs, which revealed much about changes taking place in American society during this time period. Singer songwriters such as James Taylor, Cat Stevens, Carole King and Carly Simon will be discussed, as well as some of the new generation of singer songwriters who record and perform today. Email to register ctaarp@aarp.org.

Mystic Mondays Museum Exhibit: "Voyaging in the Wake of the Whalers." Akeia de Barros Gomes, PhD., Senior Curator of Maritime Social History at Mystic Seaport Museum and Visiting Scholar at the Center for Slavery and Justice at Brown University, will explore the museum's "Voyaging in the Wake of the Whalers" exhibit and talk about the diversity of whaling crews. Email to register ctaarp@aarp.org.

Gourmet Tour of Ireland - Food Historian Lecture. Tuesday, November 9 at 6:30. Discover Ireland's most fabulous foods and traditional dishes in this fascinating gourmet tour of the Emerald Isle. Learn about classic dishes such as Guinness Pie and Irish stew with soda bread and uncover all the different potato dishes Ireland has to offer. Did you know that Ireland is also the world's third-leading tea-drinking country? Join us to learn about the three tea times and some lovely tea shops to enjoy a cup in between sightseeing. Email to register findfun@aarp.org

The Signs of Caregiver Burnout. Tuesday, November 9 at 7:00. Is the wear and tear of caring for someone taking its toll on your mind and body? It's easy for family caregivers to find themselves fatigued both physically and emotionally, especially with the impact that COVID-19 has had on the caregiving experience. Join us for this special webinar to hear expert advice on how to recognize caregiver burnout, and the importance of caring for yourself so you can avoid it. Email to register aarpprograms@aarp.org.

Anne Bradstreet—The Mother of All-American Poets. Wednesday, November 10 at 1:00. A look at the life, work, and influence of Anne Bradstreet (1612-1672), the first English language poet to capture the effects of the trans-Atlantic migration and the American wilderness on the New England colonists (and beyond). Gilbert L. Gigliotti is a professor of English and Latin at Central Connecticut State University and, for more than 25 years, the host of "Frank, Gil, and Friends" Tuesday mornings on WFCS 107.7 FM. He earned his PhD in comparative literature at The Catholic University of America. His books and courses on Frank Sinatra, Ava Gardner, and pop music belie his more traditional academic interests in American Puritan poetry, the Connecticut Wits, and the literatures of ancient Greece and Rome. Email to register ctaarp@aarp.org.

Kate's Song – A story of Transformation, Caregiving & Music. Wednesday, November 10 at 11:00. Kate Callahan shares her extraordinary experience of transformation after sustaining a life-altering brain injury on a ski slope. Kate will share this journey that includes her family, friends and her guitar in hand to find her way to start over. Kate will walk through her journey of finding her voice in helping others designing a 20-week vocal empowerment program for incarcerated women created to use voice to find empowerment as well as her experience in utilizing music and song-writing as a therapy for her own journey but also other survivors. Email to register ctaarp@aarp.org

Movies for Grownups Screening: LITTLE SATCHMO. Friday, November 12 at 8:00 . *LITTLE SATCHMO* is a documentary film exploring the life of Sharon Preston-Folta, the daughter of American icon and legendary jazz musician Louis Armstrong. To the world, Louis Armstrong is iconic — a symbol of musical genius, unparalleled success, and unassailable character. To Sharon, he was simply Dad. Armstrong's wholesome, non-threatening image preserved his singular career as a black performer with unfettered access to a white man's world. Yet he was more than a caricature; he had desires, he had longings, and in private, he held tightly to the things he loved. Perhaps closest to his heart was a child whom he hid from the world: a daughter sworn to a life of secrecy until now. Email moviesforgrownups@aarp.org.

November 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Pacers 9:30 Sewing/Quilting</p> <p>10:00 Zumba with Pauline— In Person & Zoom 10:00 LLL 11:00 Body Balance with Lauren— In Person and Zoom 11:00 and 12:30 Watercolors with Sabine</p> <p>1:00 Monday Movie Matinee - Quicksand</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Bridge/1:00 Pinochle</p>	<p>2</p> <p>9:00 Morning Exercise with Nancy—In Person Only 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 LLL 10:15 Zumba with Germaine— In Person & Zoom</p> <p>1:00 LLL 1:00 Pickleball</p> <p>2:00 Senior Learning Network: Dwight D Eisenhower Presidential Library and Museum</p>	<p>3</p> <p>9:00 Yoga with Lisa—In Person and Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 Zumba with Pauline— In Person & Zoom 10:00 LLL 10:00 and 11:00 Spanish 12:00 Brain Games 1:00 LLL 1:00 Flying Aces 1:00 Chess 1:00 Mah Jongg</p>	<p>4</p> <p>9:00 Pacers 9:00 Weight Training with Diane—In Person and Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:15 Zumba with Germaine— In Person & Zoom 1:00 Medicare Update 1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Pickleball</p>	<p>5</p> <p>9:30 Sewing/Quilting 10:00 Body Balance with Lauren— In Person & Zoom 10:00 LLL</p> <p>12:00 Friday Lunch (\$5)</p> <p>12:45 Friday Movies: Emma</p> <p>1:00 Pinochle</p>
<p>8</p> <p>9:00 Pacers 9:30 Sewing/Quilting</p> <p>10:00 Zumba with Pauline— In Person & Zoom 10:00 LLL 11:00 Body Balance with Lauren— In Person and Zoom 11:00 and 12:30 Watercolors with Sabine</p> <p>1:00 Monday Movie Matinee - The Spiral Staircase</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Bridge/1:00 Pinochle</p>	<p>9</p> <p>9:00 Morning Exercise with Nancy—In Person Only 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 LLL 10:15 Zumba with Germaine— In Person & Zoom 1:00 Chronic Disease & Diabetes Support Group 1:00 LLL 1:00 Pickleball</p> <p>2:00 Senior Learning Network: National Museum of the Pacific War</p>	<p>10</p> <p>9:00 Yoga with Lisa—In Person & Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 Zumba with Pauline— In Person & Zoom 10:00 and 11:00 Spanish 10:00 LLL 12:30-2:00 Veterans Affairs with Ramon Agosto 1:00 Flying Aces 1:00 Chess 1:00 Mah Jongg 1:00 LLL</p>	<p>11</p> <p>The Bigelow Center closed for Veterans Day! Please thank a Veteran for his or her service!</p> <div style="text-align: center;">  </div>	<p>12</p> <p>9:30 Sewing/Quilting 9:30 Veterans Day Drive-Thru Breakfast 10:00 Body Balance with Lauren— In Person & Zoom 10:00 LLL</p> <p>*Lunch will not be served today</p> <p>12:45 Fairfield Foreign Film Festival will present "Tokyo Story"</p> <p>1:00 Pinochle</p>
<p>15</p> <p>9:00 Pacers 9:30 Sewing/Quilting</p> <p>10:00 Zumba with Pauline— In Person & Zoom 10:00 LLL 11:00 Body Balance with Lauren— In Person and Zoom 11:00 and 12:30 Watercolors with Sabine</p> <p>1:00 Monday Movie Matinee - I Want To Live</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Bridge/1:00 Pinochle 3:00 Downsized Gourmet</p>	<p>16</p> <p>9:00 Morning Exercise with Nancy—In Person Only 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 LLL 10:15 Zumba with Germaine— In Person & Zoom 12:00 Lunch & Learn 1:00 Chronic Disease and Diabetes Support Group 1:00 ART CHAT on Zoom 1:00 Pickleball 1:00 LLL 2:00 Senior Learning Network: Elephant Sanctuary</p>	<p>17</p> <p>9:00 Yoga with Lisa—In Person & Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 Zumba with Pauline— In Person & Zoom 10:00 LLL 10:00 and 11:00 Spanish 11:00 Senior Literary Society—In Person at The Bigelow Center</p> <p>1:00 LLL 1:00 Flying Aces 1:00 Chess 1:00 Mah Jongg</p>	<p>18</p> <p>9:00 Pacers 9:00 Weight Training with Diane—In Person and Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 Zumba with Pauline— In Person & Zoom 10:00-1:30 Medicare Open Enrollment—Over the phone or Zoom 10:15 Zumba with Germaine— In Person & Zoom</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Pickleball 1:00 LLL</p>	<p>19</p> <p>9:30 Sewing/Quilting 10:00 Body Balance with Lauren— In Person & Zoom 10:00 LLL</p> <p>12:00 Friday Lunch (\$5)</p> <p>12:45 Friday Movies—In the Heights</p> <p>1:00 Pinochle</p>
<p>22</p> <p>9:00 Pacers 9:30 Sewing/Quilting</p> <p>10:00 Zumba with Pauline— In Person & Zoom 10:00 Member Council Meeting 11:00 Body Balance with Lauren— In Person and Zoom 11:00 and 12:30 Watercolors with Sabine</p> <p>1:00 Monday Movie Matinee- Le Doulos</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Bridge 1:00 Pinochle</p>	<p>23</p> <p>9:00 Morning Exercise with Nancy—In Person Only 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:15 Zumba with Germaine— In Person & Zoom 1:00 ART CHAT: ZOOM ONLY 1:00 Pickleball</p> <p>2:00 Senior Learning Network: Hoover Presidential Library and Museum</p>	<p>24</p> <p>9:00 Yoga with Lisa—In Person and Zoom 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:00 Zumba with Pauline— In Person & Zoom 10:00 and 11:00 Spanish</p> <p>1:00 LLL/ Flying Aces/ Chess 1:00 Mah Jongg</p>	<p>25</p> <p>The Bigelow Center is closed for the Thanksgiving Holiday</p> <div style="text-align: center;">  </div>	<p>26</p> <p>The Bigelow Center is closed for the Thanksgiving Holiday</p>
<p>29</p> <p>9:00 Pacers 9:30 Sewing/Quilting</p> <p>10:00 Zumba with Pauline— In Person & Zoom 11:00 Body Balance with Lauren— In Person and Zoom</p> <p>1:00 Monday Movie Matinee—Detour</p> <p>1:00 Tai Chi with Jonathan— In Person & Zoom 1:00 Bridge 1:00 Pinochle</p>	<p>30</p> <p>9:00 Morning Exercise with Nancy—In Person Only 9:30 Table Pool 9:30 Wood Shop 9:30 Ping Pong 10:15 Zumba with Germaine— In Person & Zoom</p> <p>12:00 Lunch & Learn 1:00 Pickleball 1:00 Bunco</p>			<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>***Calendar subject to change due to Covid.</p> </div>

Social Services Information, Support and Resources

Mental Health Support & Resources

The COACH (COVID-19 Assistance for Community Health)

provides **FREE** community support and outreach services in Connecticut in response to the unprecedented public health crisis, COVID-19. It will run through 2023. As we all know, everyone has been affected by the pandemic and this is a great resource that can be used by all. COACH will connect you with resources to keep your family safe and healthy, and put you in touch with services that can help. Resources include information about housing, seniors, faith, COVID-19 testing and vaccines, food resources and care providers. The website is: <https://ctstronger.org/>

Transitions can be tricky, and with ongoing uncertainty surrounding COVID protocols and procedures, the back to school season may well be provoking some mixed feelings. If you or your children need help managing any mental health challenges at this time, Fairfield Counseling Services and Child and Family Guidance are among the nearby agencies with a special commitment to provide timely and affordable care to our community members in need. For details, please see below:

Child and Family Guidance Center provides children and families with culturally-informed mental health care and complementary supports. When a child struggles emotionally, the reasons why can be complex. Its team of mental health experts help children and teens address a range of emotional and behavioral issues. Whether it is anxiety, trauma, depression, stress, ADHD or something else effecting your child's emotional well-being, it offers answers and support. It provides individual and family therapy, psychiatric evaluations and medication management. Call 203-394-6529 for an appointment.

Transportation Information

Fairfield Senior Transportation is available on a limited basis. Rides are by appointment only.

Transportation Guidelines for Grocery Shoppers:

- Reservations must be made at least one week in advance.
- A maximum of four people are allowed on the bus at one time, excluding driver.
- Masks must be worn at all times on buses—even if you have received your vaccine.
- 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: Senior Transportation will provide rides for medical appointments for Fairfield's seniors and people with disabilities on **Mondays, Wednesdays, and Fridays**. Do not schedule any appointments before 9:00 AM or later than 1:30 . Reservations for rides, which are first-come, first-served for appointments, must be made no less than one week in advance.

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 . **Please call GBT at 203-579-5777.**

In Case of Inclement Weather

If Fairfield Public Schools are closed due to inclement weather, all Bigelow Center activities/classes/transportation/lunches are cancelled and the Senior Center will be closed.

Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC on the radio; and on the CT Post and Fairfield Citizen websites. We value the safety and well being of our members, therefore, if there is inclement weather, please call the Center and confirm that we are open before leaving home.

Utility Assistance

The moratorium on utility shut-offs has ended. If you are interested in shut-off protection and energy assistance, please look through the programs below to register or call Social Services for more information at 203-256-3170.

- **UniteCT – Rent, and/or Electric Utility Payments** - For tenants and all eligible electric utility customers affected by the pandemic: **Up to \$1,500 toward last six months of electric bills.** Up to \$15,000 in rental assistance. www.bit.ly/UniteCT.
- **Protection from Shut-Off Due to Medical Condition** - Your doctor can access utility internet portal at request of patient to certify that patient or family member has “serious illness” or “life threatening condition.”
- **Arrearage Forgiveness Programs - COVID-19 Payment Plan; Reasonable Repayment Plan; Matching Payment Plan; and Financial “Hardship” (Winter Shut-Off Protection).** Contact your utility directly.

HOUSING RESOURCES

Tenants and property owners may be eligible for up to \$10,000 towards overdue rent and \$1500 towards utility payments through UniteCT. Apply online at www.bit.ly/UniteCT, or call 1-844-864-8328 for assistance.

UniteCT will now:

- Cover arrears accrued since March 13, 2020, rather than only those accrued in last 6 months
- Pay landlords for 100% of covered arrears
- Cover 3 full months of prospective rent
- Protect tenants from evictions for nonpayment of rent during the months covered by the prospective rent payments
- Consider waiving the \$10,000 limit on rent assistance, on a case by case basis, for extenuating circumstances
- Rely where possible on information about enrollment in other state programs to streamline the application process

Please Note: Anybody without a social security card or ITN number may call CIRI (Connecticut Institute for Immigrants and Refugees) for rental assistance at 203-336-0141.

- **Additional Utility Assistance Through CEAP**
Connecticut Energy Assistance Program (CEAP) is underway for 2021/2022. Alliance for Community Empowerment, Fairfield's local Community Action Agency (CAA), is now accepting early intake applications. Contact Alliance at 203 384-6904. You may explore their website at www.AllianceCT.org

If you are unable to apply for energy assistance on your own, you may also apply with the help of the Fairfield Social Services beginning September 1. Please call 203-256-3170 to make an appointment.

- **Eviction Help**

For those facing the possibility of eviction, legal services are available at 1-800-453-3320 (toll free).

- **Foreclosure Help**

BTN (Building Neighborhoods Together) offers both Foreclosure Prevention Counseling, and also Foreclosure Prevention Clinics. For more information: info@bntweb.org/class-descriptions or call 203-290-4255.

- **Mortgage Assistance** - Contact Operation Hope for help at 203-292-5588, x. 218.

EMERGENCY ALERT SYSTEM: Register go to <https://www.fairfieldct.org/alerts> or call us at 203-256-3166.

Emergency Broadband Benefits: For a monthly discount on broadband service up to \$50, eligible households can enroll through an approved provider or by visiting: getemergencybroadband.org. www.fcc.gov/broadbandbenefit

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Special Events in October!



Thanks for joining us for Donuts and Selfies—so much fun!



Thanks to Sunrise Senior Living and Realtor Mark Markelz for the fabulous Lunch & Learn events in October!



Thank you to those that gathered with us for the Celebration of Life event where we honored and remembered those we lost over the past year. Special Thank You to Reverend David Rowe of Greenfield Hill Church and Rabbi Evan Schultz from Congregation B'nai Israel for their comforting words as we remembered those lost but not forgotten.

