

# BIGELOWCENTER

FOR SENIOR ACTIVITIES

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

203-256-3166

MARCH 2021  
[www.fairfieldct.org/bigelowcenter](http://www.fairfieldct.org/bigelowcenter)

**Mark Albertson presents:**  
**Battleship Connecticut and the Great White Fleet**  
**Wednesday, March 10 at 10:00**

The *USS Connecticut* was launched as the flagship of a new class of heavy battleships intended to show off a new era of American naval dominance in the early 20th century. These battleships were the hallmark of President Theodore Roosevelt's signature initiative to modernize the American navy. A handsome vessel with beautiful gilded scroll work adorning its white steel bow, it was the fourth U.S. Navy vessel named after the state of Connecticut. In 1907, she led a flotilla of newly-built Navy warships, colloquially known as the "Great White Fleet," on a tour around the world intended to spread American goodwill and underscore the United States' role as a major naval power.

**Mark Albertson presents: Golda Meir**  
**Wednesday, March 24 at 10:00**

Whether women are better than men I cannot say – but I can say they are certainly no worse." – **Golda Meir**  
**Golda Meir**, Israel's only female prime minister, is the subject of Mark Albertson's talk in honor of women's history month.

**Mark Albertson** is a local historian, hailing from Norwalk, CT. A lecturer at Norwalk Community College, he has enjoyed a successful career presenting on historic topics regarding WWI, WWII, and the Middle East.

**To register for one or both programs, go to MyActiveCenter or email [BigelowCenter@fairfieldct.org](mailto:BigelowCenter@fairfieldct.org) for assistance.**



**New Community Offerings from Waveny LifeCare Network**  
**Changing Roles When We Lose a Spouse**  
**February 25, 2021 at 7:00**

Becoming suddenly single can be a scary new way of life. Our roles change dramatically when you lose your spouse. We not only experience the loss of a partner but potentially your best friend, your identity as a couple, and the daunting task of creating your own identity. Come join others on this zoom to voice your fears, explore new ideas, and find your strength.

Facilitator: Sheila Russo, LCSW.

**RSVP: Stephanie Shaughnessy at [sshaughnessy@visitingnurse.net](mailto:sshaughnessy@visitingnurse.net)**

**Finding Meaning During Uncertain Times**  
**March 4, 2021 at 7:00**

This is a wonderful opportunity to gather with others on zoom, and share our stories. Together we will explore innovative ways to implement meaningful change we wish to see in our lives. In the midst of all this uncertainty, COVID, and social isolation, it is comforting to gather with others and discover why this is the perfect time to make some real changes.

Facilitator: Sheila Russo LCSW.

**RSVP: Stephanie Shaughnessy at [sshaughnessy@visitingnurse.net](mailto:sshaughnessy@visitingnurse.net)**

**Home Safety and Falls**  
**Thursday, March 11 at 7:00 PM**

Falls are the leading cause of injuries among older adults. But we all know falls can be prevented. Learn how to make your home safe and prevent the possibility of falling. **RSVP: Stephanie Shaughnessy at [sshaughnessy@visitingnurse.net](mailto:sshaughnessy@visitingnurse.net)**

**St. Patrick's Drive-thru Luncheon**  
**Tuesday, March 16 at 12:00 Noon**

We've missed you! Join us, from the safety of your car, for a traditional St. Patrick's Day lunch of Corned Beef and Cabbage. **Reservations are required by Friday, March 12.** Drive-thru only—PLEASE STAY IN YOUR CAR. No walk-ups please. **To register go to MyActiveCenter or if you need assistance email [BigelowCenter@fairfieldct.org](mailto:BigelowCenter@fairfieldct.org).**

**Irish Fun Facts and Trivia**  
**Wednesday, March 17 at 3:00**

You don't get more Irish than Jay Kiley from Synergy HomeCare! Join him for an afternoon of fun facts and trivia. Was St. Patrick even Irish? Which country consumes the most Guinness? What is the National Instrument? Did St. Patrick really chase away snakes? **To register, go to MyActiveCenter or send an email to [BigelowCenter@fairfieldct.org](mailto:BigelowCenter@fairfieldct.org) for assistance.**

**Fairfield Senior Advocates**

Join the FSA for a series of Zoom sessions in March. The ongoing theme will be "***Toward a more Senior-friendly Fairfield***". Each featured presentation will last about 30 minutes. Quick updates on FSA activity and other issues affecting seniors will also be provided.

**1. Tuesday, March 2 at 4:00**

Draft Fairfield Strategic Plan (led by chairman John Wynne)

**2. Tuesday, March 16 at 4:00**

Actions to promote senior-friendly housing availability in Fairfield, Part 1. This will include below market-rate ("Affordable Housing") and other budget-friendly options. Addressed will be now approved changes in Fairfield regulations for accessory dwelling units (ADUs) and how residents might make use of ADUs.

**3. Tuesday, March 30 at 4:00**

Actions to promote senior-friendly housing availability in Fairfield, Part 2.

Visit the FSA website for more information <https://www.fairfieldsenioradvocates.com/contact-us.html>

**Ask the Attorney with Elder Law Attorney**  
**Denise Mortati**

**Thursday, March 11 at 1:00**

**To register, go to MyActiveCenter or send an email to [BigelowCenter@fairfieldct.org](mailto:BigelowCenter@fairfieldct.org) for assistance.**

**Click here for the First Selectwoman's webpage.**



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## ***What's New and Things to Do!***

### Stories From The Attic:

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, March 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.**

A conversation Between Webinar Series from the Connecticut Women's Hall of Fame, whose goal is simple: a virtual gathering of women talking through today's important issues.

### **Women's History Month: The Power of Our Story**

**Wednesday, March 10 at 12:30**

**FEATURING** Elizabeth Lesser, co-founder of Omega Institute and author of *Cassandra Speaks* and *Broken Open*. Hosted by Geena Clonan, Connecticut Women's Hall of Fame, **Founding President**. Elizabeth Lesser is the author of several bestselling books, including *Cassandra Speaks: When Women are the Storytellers*, *the Human Story Changes*; *Broken Open: How Difficult Times Can Help Us Grow* and *Marrow: Love, Loss & What Matters Most*. She is the co-founder of Omega Institute, recognized internationally for its workshops and conferences in wellness, spirituality, creativity, and social change. She has given two popular TED talks, and is one of Oprah Winfrey's Super Soul 100, a collection of a hundred leaders who are using their voices and talent to elevate humanity. Go to <https://www.cwhf.org/> for additional information and to register.



### **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. After sharing an introduction, some letters may ask questions like "How would you describe your life story? or What life advice do you have? 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**

### **The Last Common Ancestor**

**Thursday, March 4 at 6:00**

The last common ancestor of chimpanzees and modern humans is believed to have evolved in Africa six to eight million years ago. Finding fossil apes and hominins—extinct members of the human lineage—from this period has been challenging. Ashley Hammond will discuss her approach to identifying key evolutionary adaptations of this last common ancestor using 3D technology, analyses of known fossils, and field research at six-million-year-old sites in Kenya. Hammond's research aims to clarify the origins of bipedality, a key adaptation in human evolution.

Presented by the Harvard Museum of Natural History and the Peabody Museum of Archaeology & Ethnology, featuring Ashley S. Hammond, Assistant Professor, Richard Gilder Graduate School; Biological Anthropology Curator, American Museum of Natural History. Advance registration required. Please note that registration closes 30 minutes prior to the event start time. <https://reservations.hmsc.harvard.edu/Policies.aspx> to register.

### **Downsized Gourmet**

**Monday, March 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.**

### **ART CHAT**

**Tuesday, March 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, March 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. Sponsored by the Friends of the Bigelow Center.

**Click to register: <https://zoom.us/join/register/tJwvde6hqz4rHdajS9OpO2912ULxVZhkLd->**

### **Top Trending Destinations in 2021 & 2022: Destinations and Experiences the World is Watching**

**Monday, March 29 at 1:00**

Travel is always evolving and certainly is now faster than ever before. Destinations and experiences are always changing. That's why we created a list of seven of our favorite and distinct places trending from Tours of Distinction and other travel authorities for 2021 and 2022. These destinations range from the rainforests of Costa Rica, the eco-paradise of the Galapagos Islands, and the rugged beauty of the American West, to the timeless sands of Egypt, the glaciers of Iceland, the rocky coastline of Maine and the idyllic Greek Islands. **Join Tyler Zajacz, owner of Tours of Distinction, for a ZOOM look towards future travel. To register go to MyActiveCenter or send an email to BigelowCenter@fairfieldct.org for assistance.**

### **Worried But Well continues. Wednesday, March 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. ? **Email to register Heather.Gately@homeinstead.com**

**Wednesday, March 3 at 2:00 with Beth Moeller from Griswold Homecare**

**Wednesday, March 17 at 2:00 with Elder Law Attorney Denise Mortati**

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

## More to Do!

### Life and Times Video: Thomas Jefferson

**Part 1: Friday, March 5 at 1:00**

**Part 2: Friday, March 12 at 1:00**

Email [senior@granby-ct.gov](mailto:senior@granby-ct.gov) to register.

### AAA presents Prepare for the Glare

**Thursday, March 11 at 11:00**

Prepare for the Glare - If bright headlights on roadways bother you when driving at night, you're not alone. But with the right strategies, driving techniques and equipment, you don't have to make night-time glare and night-time nightmare. **To register email [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com).**

### Stories from the Attic: Military Discoveries

**Thursday, March 11 at 1:00**

Join Greg Van Antwerp for a fascinating look at some of his found treasures. Email [senior@granby-ct.gov](mailto:senior@granby-ct.gov) to register.

### Norman Rockwell: Art History Presentation with Lisa Arnold

**Friday, March 12 at 2:00**

Norman Rockwell, was he a painter or an illustrator? The answer is both-his style was quite realistic; he painted only in oil, and yet his style always had an illustrator's edge. Explore this man's legacy as we zoom "visit" his paintings and learn about Rockwell's prolific artistic career ranging from Saturday Evening Post covers to his historical renderings. To register email [cjegen@westonct.gov](mailto:cjegen@westonct.gov)

### Art Talk: Vincent Van Gough Yale Art Gallery

**Tuesday, March 16 at 11:00**

Sponsored by: Sheridan Caregivers

Email to register [cjegen@westonct.gov](mailto:cjegen@westonct.gov)

### "Otello" by Guiseppe Verdi

**Wednesday, March 17 at 1:00**

Presented by Jeffrey M Engel

Email to register [cjegen@westonct.gov](mailto:cjegen@westonct.gov)

### Mark Albertson presents The Marx Brothers

**Friday, March 5 at 1:00**

The Marx Brothers were an American family comedy act that was successful in vaudeville, on Broadway, and in motion pictures from 1905 to 1949. Five of the Marx Brothers' thirteen feature films were selected by the American Film Institute (AFI) as among the top 100 comedy films, with two of them, *Duck Soup* (1933) and *A Night at the Opera* (1935), in the top fifteen. They are widely considered by critics, scholars and fans to be among the greatest and most influential comedians of the 20th century. The brothers are almost universally known to-day by their stage names: Chico, Harpo, Groucho, Gummo, and Zeppo. **Email to register [cjegen@westonct.gov](mailto:cjegen@westonct.gov).**

### Virtual U Lecture: Northern Lights, Blackouts, and Unruly Radios: Sunspots and Modern Life

**Wednesday, March 10 at 1:00**

Kristine Larsen, Ph.D., Editor of Reflector Magazine presents. What are sunspots and how are they connected with the "northern lights"? Are solar flares as scary as Hollywood makes them out to be? How can the sun's magnetic field affect technology 93 million miles away on earth? Get answers to these questions while exploring the connections between solar temper tantrums and modern technology, from air travel to communication, the electrical grid to the International Space Station, and learn about how our "spotty star" is both special and ordinary at the same time. Live Lecture followed by a Moderated Q & A. Email to register [ctaarp@aarp.org](mailto:ctaarp@aarp.org).

## Programs, Events and Information from the Fairfield Public Library

**Tax Prep:** VITA is doing 100% virtual tax help as well as Scanning Appointments in the library building. Patrons can click here for additional help:

<https://fairfieldpubliclibrary.org/tax/>

### **March programming:**

#### **One Book One Town 2021 *Punching the Air* Tuesday, March 2 at 7:00**

This is the signature event of Fairfield's One Book One Town 2021 celebration! Join us for a wonderful evening with the authors of *Punching the Air*, **Ibi Zoboi and Dr. Yusef Salaam**. The story of a tragic event leading to an unjust imprisonment and the impact it has on family and community, *Punching the Air* shows how strength can be found in the power of art and poetry. Ibi Zoboi is a New York Times bestselling author; Dr. Yusef Salaam, of the Exonerated Five, is a poet, prison reform activist and inspirational speaker. To register go to <https://fplct.librarymarket.com/events/virtual-one-book-one-town-author-event-ibi-zoboi-and-dr-yusef-salaam>

#### **A Different Kind of Book Club – Short Stories. Monday, March 1 at 6:30 pm**

<https://fplct.librarymarket.com/events/virtual-different-kind-book-club-3>

#### **Tech Help – VIRTUAL - weekly focus on one digital resource every Thursday at 11:00**

**3/4: Overdrive Digital Magazines**

<https://fplct.librarymarket.com/events/tech-help-5>

**3/11: Libby**

<https://fplct.librarymarket.com/events/tech-help-6>

**3/18: hoopla**

<https://fplct.librarymarket.com/events/tech-help-7>

**3/25: Tutor.com**

<https://fplct.librarymarket.com/events/tech-help-8>

#### **What's Cooking: VIRTUAL series – Catch a Healthy Habit - March 22 at 6:30.**

<https://fplct.librarymarket.com/events/virtual-whats-cooking-series-catch-healthy-habit>

#### **VIRTUAL: History of Ireland in Song (Pt. 1) - March 8 at 6:30**

<https://fplct.librarymarket.com/events/virtual-history-ireland-song-part-1>

#### **Senior Literary Society - Wednesday, March 17 at 11:00**

We will be discussing the One Book One Town selection ***Punching the Air* by Ibi Zoboi and Dr. Yusef Salaam**. Please sign up with your email address and you will get the Zoom link to join the meeting. The book is available to be downloaded on Libby/Overdrive and Hoopla. If you have any questions please email Mary Coe at [mcoe@fplct.org](mailto:mcoe@fplct.org). Hope to 'see' you!

### Friendship Tours presents Let's Connect and Explore Nashville Together

**Thursday, March 11, 2021 at 2:00**

Creativity is the heart and soul of Music City and there's never a shortage of inspiring things to do. From music, culture, and the arts to food, sports, and shopping, there is an "only in Nashville" experience waiting for you. Come discover how Nashville grew from a foundation built on music and learn the story of Music City. Go backstage and see the dressing rooms and learn the history of the show that made country music famous.

Registration in advance is required. **To complete your registration, please click on the link: [https://us02web.zoom.us/j/8456288888?pwd=ZU9kdU5rcT5SR\\_gjG\\_XHpEtg8](https://us02web.zoom.us/j/8456288888?pwd=ZU9kdU5rcT5SR_gjG_XHpEtg8)**

# Even More to Do!

## Special Programs from AARP

### Protecting Your Personal Info Online

**Monday, Mar 1, 2021 at 1:30**

Join Senior Planet From AARP and attendees from across the U.S for a webinar - AARP membership not required. This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online. Pre-registration is required in order to receive the Zoom link where we will host the training. **Email to register [findfun@aarp.org](mailto:findfun@aarp.org)**

### AARP NY Real Fun. Real Laughter. Real Possibilities

**Tuesday, March 2 at 5:00**

AARP NY is proud to present a comedy series hosted by The Stand NYC! AARP has been working to promote the health and well-being of older Americans for more than sixty years. And with this exclusive program for AARP members and guests, we want to empower you to live a healthier life through laughter. Laughter is a good remedy for your health. Studies show that laughter can help ease physical ailments and pain, releases dopamine, and reduces stress. We invite you to a program called Real Fun, Real Laughter, Real Possibilities. Each show is 30-minute performance by some of our favorite comedians. Register today to receive your reminder and learn how to catch the video! **Email to register [nvaarp@aarp.org](mailto:nvaarp@aarp.org)**

### Letters As Lifelines: Rediscovering the Lost Tradition of Letter Writing with Reginald Dwayne Betts

**Tuesday, March 2 at 5:00**

As many of us age, our social circles and support networks diminish. During a pandemic, this is even more true. Many have turned to the virtual space to connect-- but we at AARP turned to Writers & Books to see what some of today's prominent writers had to say about the lost tradition of letter writing and its capacity to keep us connected.

Before the internet gave us so many ways to communicate instantly, people sat down to compose and send off a message that often took several days to be delivered. Significant care was taken about what was important to convey and what details would convey it. Rediscovering the Lost Tradition of Letter Writing is a five-part series that explores the ways that, throughout our lives and throughout history, letters have helped us understand our ancestry -- the families, cultures, conditions and events that shape us. This series of short videos offers a look at what we might gain by reanimating that lost tradition.

Register for your reminder and join us to discover how letters can help us all stay better connected, learn more about our own lives and share ourselves in a meaningful way during times of social isolation. **Email to register [nvaarp@aarp.org](mailto:nvaarp@aarp.org)**

### AARP Virtual U Lecture

#### Asian Studies Part 1: Religion in India's Past

**Thursday, March 11 at 7:00**

Join AARP Connecticut and attendees from across the U.S. for this FREE virtual lecture.

Tension between South Asia's two major religions, Hinduism and Islam, may seem endemic to the region, but how deeply rooted is it? Looking back a few centuries, the cultural and religious landscape appears starkly different than it is today, highlighting the fact that communal conflict in India is a distinctly modern phenomena.

Join Dr. Nita Verma Prasad, Associate Professor of History and Director of Asian Studies at Quinnipiac University for this 3-Part Series sharing her expertise in the social history of British colonial India. Prasad has published on women in the British colonial courts, diasporic communities in the Indian Ocean region, and Hindu-Muslim relations on the subcontinent. She is currently working on a project that examines gender within the context of the British colonial medical establishment in India. **You can register for each of the 3 sessions in the series separately by going to [www.aarp.org/ctevents](http://www.aarp.org/ctevents).**

### Lewis & Clark Adventures Video

**Part 1: Friday, March 19 at 1:00**

**Part 2: Friday, March 26 at 1:00**

The Lewis and Clark Expedition began in 1804, when President Thomas Jefferson tasked Meriwether Lewis with exploring lands west of the Mississippi River that comprised the Louisiana Purchase. Along the way they confronted harsh weather, unforgiving terrain, treacherous waters, injuries, starvation, disease and both friendly and hostile Native Americans. Nevertheless, the approximately 8,000-mile journey was deemed a huge success and provided new geographic, ecological and social information about previously uncharted areas of North America. **Email [senior@granby-ct.gov](mailto:senior@granby-ct.gov) to register.**

### The Golden Age of Newspaper Comic Strips

**Thursday, March 25 at 10:00**

Comics have been in existence since the end of the 19<sup>th</sup> century, but it was after the depression that the popularity of newspaper cartoons expanded into a major industry. Most agree that the Golden Age of Comics was born with the launch of Superman in 1938. Join for a lively presentation and discussion.

**Email [senior@granby-ct.gov](mailto:senior@granby-ct.gov) to register.**

### That's Weird!

**Wednesday, March 24 at 3:00**

Presented by the Connecticut Historical Society. "That's weird" is a phrase the CT Historical Society staff hears all the time in galleries and on tours. Visitors often encounter collection items that are quirky, surprising, or rare. But, take a second look and weird objects can have surprising and unique histories. The CHS is excited to show off some of our funny little oddballs of history. Displaying many of these objects for the first time, the CHS delves into how these objects, which at first glance seem strange, can be gateways into a deeper understanding and appreciation of our state's history. **Email [guberman@plainville-ct.gov](mailto:guberman@plainville-ct.gov) to register.**

### Carousel Carvers: An American Immigrant Story

**Wednesday, March 31 at 1:00**

Did you know that most Golden carousel artists immigrated to the United States? Get an in-depth look at the lives of some of the most well-known carvers and factory owners and the obstacles they faced in order to achieve the American Dream. Inspiration for carvings were found in fiery horses, big cats, and children's laughter to the clatter, sawdust, and politics of Philadelphia's bustling multicultural workshops..Presented by the Carousel Museum. **Email [senior@granby-ct.gov](mailto:senior@granby-ct.gov) to register.**



## 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 \_\_\_\_\_

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Course# \_\_\_\_\_ Course Title \_\_\_\_\_

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

# of Courses x \$5.00 \_\_\_\_\_ = \$ \_\_\_\_\_

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*

We wish you happiness, hope and safety as we move through  
these difficult times.



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Fairfield Senior Center, Fairfield, CT

06-5012

### 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,

#### **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,

#### **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,

#### **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.

#### **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.

#### **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. .

#### **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.

#### **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.

#### **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.

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

Each person has an 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.

**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.**

### The Vindolanda Lectures William Preinitz, Historian

**Thursdays in March at 2:00**

#### **March 4 - A Short History of Roman Britain**

Before there was the Britain of Winston Churchill, Elizabeth I, Richard the Lionheart, and Alfred the Great there was the Britain of the Romans. The Roman presence began in 47 C.E. with an invasion mounted by the emperor Claudius and ended 400 years later with a complete and precipitous withdrawal. This is an examination of Celtic-Romano Britain, its place in Empire, and its ultimate abandonment.

#### **March 11 - Hadrian's Wall**

Rome's Great Wall of Britain Hadrian ruled Rome from 117-138 CE. He was superb administrator and a fiscal/political conservative. He believed that Rome had reached its practical limits of expansion and sought to consolidate its borders. His most ambitious projects was the construction of a wall between Celtic-Romano Britain and Pictland (Scotland). Now a UNESCO World Heritage Site, Hadrian's Wall mirrored the Great Wall of China, with one exception...it was a success!

#### **March 18 - Vindolanda: Life in a Roman Frontier Fort**

Vindolanda was a key outpost in the line of forts that spanned Hadrian's Wall. It sat in the middle of the 80-mile line of fortifications that marked Hadrian's demarcation of the Roman Empire's northernmost boundary. Most Romans considered Britain a dark, forbidding, impossibly remote province, certainly not part of their familiar Mediterranean world! However, was this fair? Much of Vindolanda and its surrounding vicis would have been familiar to them and yet, well different. Explore the everyday world of Vindolanda and decide for yourself.

#### **March 25 - Vindolanda: Letters from the Edge of Empire**

The site of the Vindolanda fort was dictated by military necessity and was therefore not ideal. What was a curse for those tasked with maintaining it was a high, non-potable, water table. Creating unique preservation conditions, it presents modern archeologists a view into a poorly understood world...life on a Roman frontier. Most illuminating was a trove of 1,300 letters and documents from the 2nd century C.E. These documents, personal, administrative, and commercial provide us with a window into everyday life 1,800 years ago

**Registration required. Send email to [cjegen@westonct.gov](mailto:cjegen@westonct.gov)**

## STILL MORE TO DO!

### Around the Center

Every March, **National Social Work Month** recognizes the dedication and empathy of social workers. Our social workers in Fairfield's Social Services Department, provide services to children and adults in need. Our amazing social workers are tireless advocates, advisors, counselors, and facilitators and we are blessed to have them. Thank you to Eileen Fickes, Eileen Gombos, Malinda Johnson, Amy Luciano, Mila Rodriguez, and Alison Seyal for their dedication and compassion for our residents.

We are also still in the thick of COVID Vaccines. Brenda Steele, our new Bigelow Center Director, is coordinating the COVID Call Center to answer questions and try to help guide residents through the process. If you have questions, please call 203-256-3082, Monday—Friday between 9:00-1:00. All voice mail messages will be returned..

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

### Weekly Exercise Classes

#### Mondays

10:00 Stretch & Tone with Linda  
10:00 Zumba Gold Toning with Pauline  
10:30 Yoga with Jeannie  
11:00 Platinum Barre with Germaine  
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

### Fairfield History Center presents:

#### Meditation Mondays, Weekly at Noon

Join Director of Interpretation Laurie Pasteryak to explore the beauty of everyday objects in our museum's collection. During this calming 20-minute program, Laurie will share a few mindful techniques, such as the beginner's mind and breath control. In addition to her role at the museum, Laurie is also a registered yoga teacher and practicing meditator. *Meditation Monday is a virtual event with Laurie using the Zoom platform. Free; registration required.*

Go to <https://www.fairfieldhistory.org/events/meditation-monday/2021-03-01/>

#### How the House was Built: Speaker Series with Fairfield Yabantu Wednesday, March 3 at 7:30

**HEALTHCARE: How does the history of medical racism contribute to the present distrust of the healthcare system within communities of color?** Today's house of activism was built by our ancestors, specifically our Black liberation leaders, who laid a foundation and shape today's leaders. This speaker series seeks to reaffirm that foundation and put change into motion within our communities. *Fairfield Yabantu's educational mission is to equip people with knowledge that moves towards taking effective action. This series is in collaboration with the Fairfield Museum and History Center, The Pequot Library, and The Unquowa School's IDEA Committee. As a collaborative group, we recognize that diverse voices lead to dynamic programs.*

Go to <https://www.fairfieldhistory.org/events/howthehousewasbuilt-healthcare/>

#### Lives Well Lived: How Do I Want to be Remembered? A Free Film and Event Series

*"A warm, uplifting and enlightening feast for the heart, mind and soul."*  
— The NYC Movie Guru

#### Through March 6, 2021

Join us to enjoy a special free virtual program series around the film "Lives Well Lived." Forty people aged 75 to 100, with a collective life experience of 3000 years, share their secrets, wit, and wisdom on how to live a meaningful life. Watch the film, participate in a special Q&A with filmmaker/director Sky Bergman, and learn how to record your own personal memoir or oral history as we celebrate our lives well lived together. *Presented by Fairfield Museum and History. Co-sponsored by Shaughnessey Banks Funeral Home and Mark This Day with Love, a service for commemorating the milestones in one's life. Special thanks to our fellow partners, Pequot Library, Fairfield Public Library, SHU Community Theater, and the Bigelow Center of Fairfield.* Go to <https://www.fairfieldhistory.org/liveswelllived/>

[www.fairfieldhistory.org/liveswelllived/](https://www.fairfieldhistory.org/liveswelllived/)

#### The League of Women Voters and Fairfield Museum and History present: "Making Democracy Work as Secretary of State"

**with Connecticut's Secretary of State Denise Merrill March 10 at 1:00**

Virtual event; registration required. Go to <https://www.fairfieldhistory.org>.

#### The Life of Ann Prask with author and scholar, Dr. Jenny Hale Pulsipher Sunday, March 14 at 7:00

Join Dr. Jenny Hale Pulsipher for a glimpse into the incredible life story of Ann Prask. In 1637, this young girl from Mahican country (present-day Albany) was captured and enslaved by English forces at the battle of Munnocommock Swamp (present-day Southport, CT) during the Pequot War. Ann's freedom from slavery came through her eventual marriage to John Wompas, a Nipmuc Indian and Harvard attendee, as well as her Indigenous rights to land in present-day Fairfield – her claim to which alarmed the outnumbered English. *Jenny Hale Pulsipher is a professor of history at Brigham Young University, specializing in early American and American Indian history.* Go to <https://www.fairfieldhistory.org/events/the-life-of-ann-prask-jenny-hale-pulsipher/>



# MARCH 2021 Calendar

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>1 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Stretch and Tone with Linda<br>10:30 Yoga with Jeannine<br>11:00 Platinum Barre with Germaine<br>1:00 Tai Chi with Jonathon<br>1:30 AARP PROTECT PERSONAL INFO ONLINE<br>6:30 FPL/DIFFERENT KIND OF BOOK CLUB | <b>2 10:00 Tai Chi with Alma</b><br>10:00 LIFELONG LEARNERS<br>10:15 Zumba with Germaine<br>10:30 Sit and Fit with Marylou<br>1:00 Zumba Gold with Lili<br>1:00 LIFELONG LEARNERS<br>2:00 WHERE'S WALT?<br>2:00 Library Author Talk<br>4:00 FAIRFIELD SENIOR ADVOCATES<br>5:00 AARP REAL FUN<br>5:00 AARP LETTERS<br>7:00 ONE BOOK/ONE TOWN | <b>3 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Aerobics with Marylou<br>11:00 Library Tech Help<br>11:15 Strength Training with Miriam<br>1:00 Chess<br>1:30 Qigong with Julie/Hedwig<br>2:00 GAME DAY<br>7:30 HOW THE HOUSE WAS BUILT  | <b>4 9:00 Chair Yoga with Jeannie</b><br>9:30 Group Meditation with Ginny<br>10:00 Tai Chi with Ken<br>10:15 Zumba with Germaine<br>11:00 Library Tech Help<br>1:00 Tai Chi with Jonathon<br>2:00 VIRTUAL BOOK CLUB<br>2:00 VINDOLANDA LECTURE<br>6:00 LAST COMMON ANCESTOR<br>7:00 FINDING MEANING IN UNCERTAIN TIMES   | <b>5 10:00 Body Balance with Lauren</b><br>10:00 Tai Chi with David<br>1:00 THOMAS JEFFERSON VIDEO<br>1:00 MARK ALBERTSON/MARX BROTHERS<br>2:00 US HISTORY/JARED DAY |
| <b>8 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Stretch and Tone with Linda<br>10:30 Yoga with Jeannine<br>11:00 Platinum Barre with Germaine<br>1:00 Tai Chi with Jonathon<br>6:30 Library Virtual Book Club   | <b>9 10:00 Tai Chi with Alma</b><br>10:00 LIFELONG LEARNERS<br>10:15 Zumba with Germaine<br>10:30 Sit and Fit with Marylou<br>1:00 Zumba Gold with Lili<br>1:00 LIFELONG LEARNERS<br>1:00 DIABETES/CHRONIC DISEASE SUPPORT GROUP<br>6:30 HISTORY OF IRELAND IN SONG   | <b>10 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Aerobics with Marylou<br>10:00 MARK ALBERTSON: THE GREAT WHITE FLEET<br>11:15 Strength Training with Miriam<br>12:30 WOMEN'S HISTORY MONTH PRESENTATION<br>1:00 Chess<br>1:00 OPERA WITH JEFFREY ENGEL<br>1:00 MAKING DEMOCRACY WORK<br>1:00 VIRTUAL U PROGRAM<br>1:30 Qigong with Julie/Hedwig | <b>11 9:00 Chair Yoga with Jeannie</b><br>9:30 Group Meditation with Ginny<br>10:00 Tai Chi with Ken<br>10:00 JOINT REPLACEMENT<br>10:15 Zumba with Germaine<br>11:00 Library Tech Help<br>11:00 AAA PREPARE FOR THE GLARE<br>1:00 STORIES FROM THE ATTIC<br>1:00 Tai Chi with Jonathon<br>1:00 ASK THE ATTORNEY<br>2:00 TRAVEL: NASHVILLE<br>2:00 VINDOLANDA LECTURE<br>7:00 HOME SAFETY AND FALLS<br>7:00 AARP ASIAN STUDIES | <b>12 10:00 Body Balance with Lauren</b><br>10:00 Tai Chi with David<br>1:00 THOMAS JEFFERSON VIDEO<br>2:00 NORMAN ROCKWELL ART TALK                                 |
| <b>15 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Stretch and Tone with Linda<br>10:30 Yoga with Jeannine<br>11:00 Platinum Barre with Germaine<br>1:00 Tai Chi with Jonathon  | <b>16 10:00 Tai Chi with Alma</b><br>10:00 LIFELONG LEARNERS<br>10:15 Zumba with Germaine<br>10:30 Sit and Fit with Marylou<br>11:00 VINCENT VAN GOGH ART TALK<br>12:00 ST. PATRICK'S LUNCH DRIVE-THRU<br>1:00 Zumba Gold with Lili<br>1:00 ART CHAT<br>1:00 LIFELONG LEARNERS<br>4:00 FAIRFIELD SENIOR ADVOCATES                           | <b>17 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Aerobics with Marylou<br>11:00 WORRIED BUT WELL<br>11:00 SENIOR BOOK CLUB<br>11:15 Strength Training<br>1:00 Chess<br>1:00 STORIES FROM THE ATTIC<br>1:00 OTELLO/VERDI TALK<br>1:30 Qigong with Julie/Hedwig<br>2:00 GAME DAY<br>3:00 IRISH FUN FACTS<br>3:00 CAREGIVERS' FORUM                 | <b>18 9:00 Chair Yoga with Jeannie</b><br>9:30 Group Meditation with Ginny<br>10:00 Tai Chi with Ken<br>10:15 Zumba with Germaine<br>11:00 Library Tech Help<br>1:00 Tai Chi with Jonathon<br>2:00 VINDOLANDA LECTURE  | <b>19 10:00 Body Balance with Lauren</b><br>10:00 Tai Chi with David<br>1:00 LEWIS AND CLARK<br>2:00 CURRENT EVENTS WITH JARED DAY                                   |
| <b>22 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Stretch and Tone with Linda<br>10:30 Yoga with Jeannine<br>11:00 Platinum Barre with Germaine<br>12:00 DOWNSIZED GOURMET<br>1:00 Tai Chi with Jonathon<br>6:30 WHAT'S COOKING                                | <b>23 10:00 Tai Chi with Alma</b><br>10:00 LIFELONG LEARNERS<br>10:15 Zumba with Germaine<br>10:30 Sit and Fit with Marylou<br>1:00 Zumba Gold with Lili<br>1:00 LIFELONG LEARNERS  | <b>24 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Aerobics with Marylou<br>10:00 MARK ALBERTSON: GOLDA MEIR<br>11:15 Strength Training with Miriam<br>1:00 Chess<br>1:30 Qigong with Julie/Hedwig<br>3:00 THAT'S WEIRD  | <b>25 9:00 Chair Yoga with Jeannie</b><br>9:30 Group Meditation with Ginny<br>10:00 Tai Chi with Ken<br>10:00 NEWSPAPER COMICS<br>10:15 Zumba with Germaine<br>11:00 Library Tech Help<br>1:00 Tai Chi with Jonathon<br>2:00 VINDOLANDA LECTURE  | <b>26 10:00 Body Balance with Lauren</b><br>10:00 Tai Chi with David<br>1:00 LEWIS AND CLARK   |
| <b>29 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Stretch and Tone with Linda<br>10:30 Yoga with Jeannine<br>11:00 Platinum Barre with Germaine<br>1:00 Tai Chi with Jonathon<br>1:00 TRENDING TRAVEL  | <b>30 10:00 Tai Chi with Alma</b><br>10:00 LIFELONG LEARNERS<br>10:15 Zumba with Germaine<br>10:30 Sit and Fit with Marylou<br>1:00 Zumba Gold with Lili<br>1:00 LIFELONG LEARNERS<br>4:00 FAIRFIELD SENIOR ADVOCATES   | <b>31 AARP TAX HELP</b><br>10:00 Zumba with Pauline<br>10:00 Aerobics with Marylou<br>11:15 Strength Training with Miriam<br>1:00 Chess<br>1:00 CAROUSEL CARVERS<br>1:30 Qigong with Julie/Hedwig  |  |  |

## 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 **65 years of age and older**. 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.**

### 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.

### 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.

### 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-pingangelsct@gmail.com](mailto:shop-pingangelsct@gmail.com).

**Peapod: Stop and Shop** online shopping; delivery or pick-up. [www.peapod.com](http://www.peapod.com)

**Wholefoods/Amazon Prime:** Online shopping and delivery. [www.wholefoods.com](http://www.wholefoods.com)

**Shoprite:** Online order and have delivered. [www.shoprite.com](http://www.shoprite.com)

#### GoGoGourmet

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.

### FINANCIAL HELP WITH YOUR PETS

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

### 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.

## New Program from Fairfield

### The Concordium

#### Elderly Outreach Program

#### Our Goals:

- Cultivate meaningful bonds
- Improve mental and physical health
- Combat social isolation

#### How We Do It:

- Careful pairing process of students and elderly
- Weekly or bi-weekly phone call check-ins



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### The Concordium



Fairfield University Chapter  
Elderly Outreach Program



**203-307-0341**

[theconcordium.fld@gmail.com](mailto:theconcordium.fld@gmail.com)

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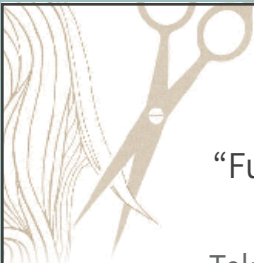
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Fairfield Senior Center, Fairfield, CT 06-5012



## Important Information about AARP Tax Assistance and Fairfield Property Tax Deferment

### AARP Tax Help

#### **Through 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](mailto:admin@communityaccountingaid.org); Web: [www.communityaccountingaid.org](http://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](http://WheelItForwardUSA.org). Check out inventory, donate equipment, volunteer or donate to support volunteer-run operations. Serving Fairfield County CT and neighboring Westchester.