



**Senior Center Serving Adults Age 55+**

## **Join Stamford or Fairfield's programs ; meet new people!**

**FAIRFIELD:** Tuesday, August 11 at 10:00 a.m.

To rsvp email [bigelowcenter@fairfieldct.org](mailto:bigelowcenter@fairfieldct.org) and you will be emailed the zoom link.

### **Stories From The Attic**

The heroism of a soldier in the South Pacific; a portrait artist's fateful visit with a President; a section of floor tile and the evil that trod upon it.... And there is so much more history yet to be found. The search and discovery of these little known nuggets of history is what Greg Van Antwerp has turned into a series of presentations called "Stories From The Attic." With more than 75 live presentations given, Greg is embracing the challenges of the pandemic to continue providing fascinating walks down memory lane in Zoom teleconference presentations. "It's the next best thing to being there and I promise they will be fascinating and fun." says Greg.

On August 11 at 10:00 AM via Zoom, Greg Van Antwerp will be presenting some of his best discoveries and the stories behind them. "I'm looking forward to the interactive features that Zoom talks provide. Conversing with audience members is my favorite part of presenting. I learn as much from them as some have experienced first-hand the content I am sharing."

**STAMFORD:**      **All you want to know about CBD Thursday, July 30, 2020 11:00-12:00am**

Presenter: Diane Corba, RPh Clinical Consultant Pharmacist Connecticut Pharmacy CBD is promoted as a cure for everything.

Is this true? What evidence is out there that supports the use of CBD, what is it really good for and is it SAFE? We will discuss the hope and the hype around CBD. This lecture will be via Zoom Meeting ID #: 830-5408-4640

**STAMFORD:**      **Friends of World Goodwill Group Meditation Thursdays @ 9:30am**

In these trying, stressful and unsettling times, the power of group meditation can have tremendous affects on our own state of mind as well as others. This short 30 minute session is the best way to start your day and set the tone and your mindset for the rest of the day and week. Facilitator: Ginny M. DeAngelis Join the fun! Be of service! Tell a friend. Learn how the extraordinary power of thought can transform consciousness and spread the lighted loving energy of goodwill.



Please log on to Zoom.us The meeting ID#: 894-2297-3917



# MOVIES IN THE PARK

**FRIDAYS @ TWIN BROOKS PARK**

**7/24 @ 8:30pm- Knives Out**

**7/31 @ 8:30pm- Raiders of the Lost Ark**

**8/7 @ 8:30pm- School of Rock**

**8/14 @ 8:15pm- The Secret Life of Pets 2**

**8/21 @ 8:00pm- The Iron Giant**

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**MOVIES ARE FREE. A VALID PARK STICKER IS  
REQUIRED. START TIMES ARE SUBJECT TO  
CHANGE.**

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We ask all patrons to maintain 15 feet of distance from other parties.  
Masks are required when social distance cannot be maintained.  
Restrooms are not available this year.

# 2020 SUMMER CONCERT SERIES

**PRESENTED BY THE MALLETT TRUST**

**CONCERTS ARE FROM 7:00-8:30PM  
AT THE TOWN HALL GAZEBO**

**RAIN DATE IS THE THURSDAY OF THE SAME WEEK UNLESS  
OTHERWISE NOTED.**

Tues, 7/14 **Billy Genauro & Destiny**- 70's Through Today

Tues, 7/21 **Steve D'Agostino Band**- Great American Songbook

Mon, 7/27 **Milford Concert Band**- Community Band (no rain date)

Tues, 7/28 **What It Is**- Funk/Pop/Rock

Tues, 8/4 **The Bernadettes**- R&B/Funk

Tues, 8/11 **Bob Button Big Band**- Big Band Music

Tues, 8/18 **Yesteryear**- Oldies/Doo Wop (rain date 9/17)

Tues, 8/25 **Kathy Thompson Band**- Rock/R&B

Tues, 9/1 **Big Deal Rock**- 60's Through Today

Tues, 9/8 **Mass-Conn-Fusion**- R&B/Motown (rain date 9/15)

**Patrons will be asked to sit 15 feet away from other groups. Restrooms are not available. Masks will be required if social distancing cannot be maintained.**

For more information call 203-452-5060 or  
visit [www.trumbull-ct.gov/recreation](http://www.trumbull-ct.gov/recreation)

