

## ~ Local Resources for Practicing the 8 Dimensions of Wellness ~

Activity	Org.	Town	Address	Contact	Spiritual	Emotional	Environmtl	Physical	Financial	Intellectual	Social	Occup'l	Notes
Free Museum/Zoo Passes	Public Library	All/most	Contact your local library		Y	Y	Y			Y	Y		
Tax Help	AARP Tax Aid	All/most	Various - look online	aarp.org					Y				Tax season only
Tax Help	Volunteer Income Tax Help	All/most	Various - look online	irs.treasury.gov/freetaxprep					Y				Tax season only
Meditation	Tibetan Buddhist Center	Redding	30 Putnam Park Rd	(203) 664-1574	Y	Y	Y	Y					
Adult Coloring Classes	Main Library	Bridgeport	925 Broad St	(203) 576-7400		Y					Y		
American Job Center	CT Department of Labor	Bridgeport	2 Lafayette Square	(203) 333-5129					Y	Y		Y	
Career Center	Goodwill	Bridgeport	165 Ocean Terrace	(203) 581-5040								Y	
Chess Club	Main Library	Bridgeport	925 Broad St	(203) 576-7400						Y	Y		
Community Garden	Burroughs Center	Bridgeport	2470 Fairfield Ave	(203) 334-0293	Y	Y	Y	Y			Y		
Computer Center	Burroughs Center	Bridgeport	2470 Fairfield Ave	(203) 334-0293						Y	Y		
Continuing Education	Adult Education	Bridgeport	1 Lincoln Blvd	(203) 275-1509						Y		Y	Residents only
Continuing Education	Mercy Learning Center	Bridgeport	637 Park Ave	(203) 334-6699						Y	Y	Y	Women only
Corps Center	Salvation Army	Bridgeport	30 Elm St	(203) 334-0995					Y			Y	
Economic Empowerment	LifeBridge Commun. Svcs	Bridgeport	475 Clinton Ave	(203) 368-4291					Y	Y		Y	
Exercise Classes	Senior Center	Bridgeport	2676 Fairfield Ave	(203) 576-7258		Y		Y			Y		
Exercise Classes	Senior Center	Bridgeport	1057 East Main St	(203) 576-7212		Y		Y			Y		
Exercise Classes	Eisenhower Senior Center	Bridgeport	307 Golden Hill St	(203) 576-7993		Y	Y			Y	Y		
Farmers Mkt	Black Rock Farmer's Market	Bridgeport	458 Brewster St	See website				Y					
Games & Rec	Black Rock Senior Center	Bridgeport	2676 Fairfield Ave	(203) 576-7258		Y	Y			Y	Y		
Games & Rec	Senior Center	Bridgeport	1057 East Main St	(203) 576-7212		Y	Y			Y	Y		
Games & Rec	Eisenhower Senior Center	Bridgeport	307 Golden Hill St	(203) 576-7993		Y		Y			Y		
Games & Rec	North End Senior Center	Bridgeport	20 Thorne St	(203) 576-7730		Y	Y			Y	Y		
Morning Flow Yoga	Black Rock Branch Library	Bridgeport	2705 Fairfield Ave	(203) 576-7025				Y			Y		Need yoga mat
Tai Chi Classes	Black Rock Branch Library	Bridgeport	2705 Fairfield Ave	(203) 576-7025				Y			Y		
Yoga	Burroughs Center	Bridgeport	2470 Fairfield Ave	(203) 334-0293			Y	Y		Y	Y		
Zumba Classes	Main Library	Bridgeport	925 Broad St	(203) 576-7400				Y			Y		
Exercise Classes	Senior Center	Easton	650 Morehouse Rd	(203) 268-1145		Y		Y			Y		Some free
Games & Rec	Senior Center	Easton	650 Morehouse Rd	(203) 268-1145		Y	Y			Y	Y		Some free
Park, walking trails	Paine Open Space	Easton	Maple Rd			Y	Y	Y					Leashed dogs
Park, walking	Trout Brook State Park	Easton/Weston	Bradley St at Country Club			Y	Y	Y					Leashed dogs
Acoustic Monday	Horseshoe Cafe	Fairfield	355 Pequot Ave	(203) 255-8624		Y							
Birdcraft Museum	Audubon Society	Fairfield	314 Unquowa Rd	(203) 256-3166		Y	Y	Y		Y			
Continuing Education	Continuing Education	Fairfield	501 Kings Hwy E # 210	(203) 255-8376						Y		Y	Fees
Dog Park	Lake Mohegan	Fairfield	960 Morehouse Hwy	(203) 256-3191		Y	Y	Y			Y		
Exercise Classes	Bigelow Center	Fairfield	100 Mona Terrace	(203) 256-3166				Y			Y		Some fees
Exercise, Yoga & More	YMCA	Fairfield	841 Old Post Road	(203) 255-2834	Y	Y		Y		Y	Y		Fee
Farmers Market	Fairfield Farmer's Market	Fairfield	1451 Post Road	See website				Y					



Activities listed are free/low cost and operate throughout the year. Also check your library, YMCA, senior center, and Parks and Rec for more options!

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Activity	Org.	Town	Address	Contact	Spiritual	Emotional	Environmtl	Physical	Financial	Intellectual	Social	Occup'l	Notes
Farmers Market	Greenfield Hill Farmer's Ma	Fairfield	65 Hillside Road	(203) 259-8786				Y					
Fitness Center/ Gym	Fairfield Fitness Center	Fairfield	75 Mill Plain Road	(203) 256-3191				Y					Fee
Games and Recreational Ac	Bigelow Center	Fairfield	100 Mona Terrace	(203) 256-3166		Y				Y	Y		Some fees
Knitting & Crochet Group	Fairfield Woods Library	Fairfield	1147 Fairfield Woods Rd	(203) 255-7307		Y					Y		
Knitting (Pequot Purls)	Pequot Library	Fairfield	720 Pequot Ave	(203) 259-0346		Y					Y		
Museum & History	Fairfield Museum	Fairfield	370 Beach Rd	(203) 259-1598						Y			
Running Group	Pequot Running Club	Fairfield	pequotrunners.wordpress.cor	(203) 557- 0672				Y					
Tech Topics	Fairfield Public Library	Fairfield	1080 Old Post Rd	(203) 256-3155						Y		Y	Fall & Spring
Walking trails	Fairfield University	Fairfield	1073 North Benson Rd	(203) 254-4000				Y					
Barony of Dragonship	Society for Anachronism	Hamden		See website							Y		
Art & Crafts	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850		Y				Y	Y		
Book Discussion	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850		Y	Y			Y	Y		
Career Center	Goodwill	Monroe	252 Monroe Tpke	(203) 445-0884								Y	
Computer Classes	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850									
Exercise Classes	Senior Center	Monroe	235 Cutler's Farm Rd	(203) 452-3771				Y			Y		
Games & Rec	Senior Center	Monroe	235 Cutler's Farm Rd	(203) 452-3771		Y				Y	Y		
Movie Night	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850		Y					Y		
Writer's Group	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850		Y	Y			y	Y	Y	
Yoga	Edith Wheeler Library	Monroe	733 Monroe Tpke	(203) 452-2850		Y		Y			Y		
Continuing Ed	Sterling House	Stratford	2283 Main St	(203) 378-2606		Y		Y		Y	Y	Y	
Exercise Classes	Baldwin Center	Stratford	1000 W Broad St	(203) 385-4050				Y			Y		
Games and Recreational Ac	Baldwin Center	Stratford	1000 W Broad St	(203) 385-4050		Y				Y	Y		
Exercise Classes	Senior Center	Trumbull	23 Priscilla Pl	(203) 452-5199				Y			Y		
Exercise, Yoga & More	YMCA	Trumbull	20 Trefoil Drive	(203) 445-9633	Y	Y		Y		Y	Y		Fee
Games & Rec	Senior Center	Trumbull	23 Priscilla Pl	(203) 452-5199		Y				Y	Y		
Trumbull Continuing Ed	Continuing Education	Trumbull	72 Strobel Rd	(203) 452-4554						Y		Y	



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