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OCTOBER 2026

Connecticut Caregiver Outing Guide

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10 practical community outings in Fairfield County

A fun day out, made simple

Enjoy a welcoming outing with caregiver, friends, and up to 2 residents. Choose an adventure, share the experience, and let ElderCrew help you get started.

County quick index

Fairfield County

Planning note

October in Connecticut can bring cool mornings, rain, wind, shorter days, and changing foliage. Dress in layers, check forecasts and venue hours, plan for leaf-season traffic, and pair every weather-sensitive outing with a nearby indoor backup. Quiet-time suggestions in this guide are caregiver planning strategies unless a venue-specific sensory resource is explicitly identified.

Fairfield County

October mix: 6 options include indoor space; outdoor choices are best treated as weather-dependent. All 10 are physically located in Fairfield County.

1. Greenwich Historical Society and Bush Holley site

Cos Cob | Indoor and outdoor

Why October: A compact local-history and American Impressionism visit pairs well with October color on the historic campus. **Access and walking:** The museum building and site walkways have elevator or accessible-route coverage; the historic house has steep stairs, so request a modified first-floor tour.

Cost: \$15 adult; \$10 senior, student, or youth; free first Wednesday. **Sensory and quieter-time plan:** Try the first tour on a weekday; the galleries offer a calmer alternative if the house tour feels tight.

Address: 47 Strickland Road, Cos Cob, CT 06807 | **Phone:** 203-869-6899 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October tour times and the best entrance for a wheelchair.

2. Keeler Tavern Museum and History Center

Ridgefield | Indoor and outdoor

Why October: The Revolutionary-era site and Cass Gilbert garden are a manageable fall history outing near Main Street. **Access and walking:** Historic buildings can present thresholds and stair limits; ask which exhibit areas and restrooms are step-free before booking.

Cost: Check current tour admission; grounds and garden access may differ from house-tour pricing.

Sensory and quieter-time plan: Choose an early tour and avoid special-event weekends for a smaller group.

Address: 152 Main Street, Ridgefield, CT 06877 | **Phone:** 203-438-5485 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October open days, accessible rooms, seating, and parking.

3. The Aldrich Contemporary Art Museum

Ridgefield | Indoor and outdoor

Why October: Two elevator-served gallery floors and a sculpture garden make an easy weather-flexible October art visit. **Access and walking:** Official guidance confirms a step-free route from parking, elevators, accessible restrooms, and loaner wheelchairs.

Cost: \$20 adult; \$15 age 60+; free third weekends and Museums for All benefits. **Sensory and quieter-time plan:** The museum specifically recommends weekdays, or weekend mornings and late afternoons, for fewer visitors; staff can help locate a quiet space.

Address: 258 Main Street, Ridgefield, CT 06877 | **Phone:** 203-438-4519 | [Official or authoritative source](#)

Call ahead to confirm: Confirm the exhibition schedule and any group-notice requirement.

4. Fairfield University Art Museum

Fairfield | Indoor

Why October: Free rotating exhibitions in two small campus galleries provide a strong cold-or-rain backup.

Access and walking: Free accessible parking is posted near the Quick Center; ask for the simplest route to the specific gallery because the museum uses two buildings.

Cost: Free; no general-admission reservation required. **Sensory and quieter-time plan:** A weekday opening-hour visit is likely quieter than a public program; verify whether a class or reception is scheduled.

Address: 1073 North Benson Road, Fairfield, CT 06824 | **Phone:** 203-254-4046 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October gallery hours, campus parking, and step-free route.

5. Weir Farm National Historical Park

Wilton | Mixed

Why October: October is the final month for staffed house and studio access, with fall scenery and free art supplies when the visitor center is open. **Access and walking:** The visitor area is compact but includes outdoor grades and historic interiors; contact the park for route-specific accessibility. Groups arriving in more than two cars must arrange ahead.

Cost: Free, including standard tours and programs. **Sensory and quieter-time plan:** Use a Wednesday or Thursday morning and enjoy the grounds if a 12-person house tour feels confining.

Address: 735 Nod Hill Road, Wilton, CT 06897 | **Phone:** 203-834-1896 ext. 0 | [Official or authoritative source](#)

Call ahead to confirm: Confirm visitor-center staffing, restroom status, and accessible tour options.

6. Bartlett Arboretum and Gardens

Stamford | Outdoor with visitor facilities

Why October: The tree collection and gardens are especially attractive during foliage season and can support a short, unhurried visit. **Access and walking:** Terrain varies and some paths are natural surface; request a short route from accessible parking and confirm restroom access.

Cost: Grounds are generally donation-supported; check current visitor guidance and any program fee.

Sensory and quieter-time plan: Pick a dry weekday morning and stay near the Silver Educational Center for a lower-demand outing.

Address: 151 Brookdale Road, Stamford, CT 06903 | **Phone:** 203-322-6971 | [Official or authoritative source](#)

Call ahead to confirm: Confirm current hours, surface conditions, and the shortest accessible garden loop.

7. Stamford Museum and Nature Center

Stamford | Mixed

Why October: Museum galleries, farm views, and seasonal grounds let caregivers scale an October visit to weather and stamina. **Access and walking:** The campus is hilly and routes vary; ask staff to map accessible parking, restrooms, gallery entry, and the least-steep farm-viewing option.

Cost: Check current admission and program surcharges; discounts may apply. **Sensory and quieter-time plan:** Avoid festival days; weekday opening time is the best bet for lower crowds and farm noise.

Address: 39 Scofieldtown Road, Stamford, CT 06903 | **Phone:** 203-977-6521 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October hours, event days, and which areas are wheelchair reachable.

8. Lockwood Mathews Mansion Museum

Norwalk | Indoor

Why October: A guided Gilded Age interior tour is a seated-pace-friendly cultural option when October weather turns wet. **Access and walking:** The historic mansion has mobility constraints even where adaptations exist; ask exactly which floors and restrooms are accessible.

Cost: Ticketed tours; verify 2026 senior and companion pricing. **Sensory and quieter-time plan:** Choose the first tour of the day and disclose any need to sit or exit early; skip the October theatrical tours if effects are unwelcome.

Address: 295 West Avenue, Norwalk, CT 06850 | **Phone:** 203-838-9799 | [Official or authoritative source](#)

Call ahead to confirm: Confirm the standard October tour, elevator availability, accessible rooms, and tour length.

9. Westport Museum for History and Culture

Westport | Indoor

Why October: Small local-history exhibitions suit a brief, conversation-oriented October outing in the town center. **Access and walking:** Ask about the step-free entrance, interior circulation, restroom, and closest drop-off before arrival.

Cost: Exhibitions are often free or donation-based; programs may carry a fee. **Sensory and quieter-time plan:** Visit outside school-program or event times; a short gallery-only plan keeps stimulation modest.

Address: 25 Avery Place, Westport, CT 06880 | **Phone:** 203-222-1424 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October gallery hours, admission, and wheelchair access.

10. Boothe Memorial Park and Museum grounds

Stratford | Mostly outdoor

Why October: Distinctive historic buildings, level lawn views, and fall trees make a flexible drive-and-pause or short-roll outing; regular museum tours end after Labor Day. **Access and walking:** Use the large visitor lot and immediate grounds; paths and any specially opened interiors vary and should not be assumed accessible.

Cost: Free grounds from sunup to sundown; special programs may differ. **Sensory and quieter-time plan:** Go on a non-event weekday for the quietest visit and keep the plan to the central lawn.

Address: 5800 Main Street, Stratford, CT 06614 | **Phone:** 203-385-4085 | [Official or authoritative source](#)

Call ahead to confirm: Confirm visitor-center or restroom availability and any October event closure.