



Welcome to February!

As the cold winds blow outside, and the snow appears to have moved in for good, we hope you find warmth, friendship, and plenty of fun activities inside at the Hollander House this month.

February is National Senior Independence Month—a time to celebrate our vibrant community, the strength of our residents, and the joy of staying active and connected. We care deeply for each and every one of you and are so glad you choose Hollander as your home. For those who signed up for the wonderful Matter of Balance Program, these classes will teach you ways to increase strength and balance, and this will help you remain independent! So please show up!

Matter Of Balance

Do you have concerns about falling and having your activities restricted? A Matter of Balance is a program designed to manage falls and increase activity levels. You will learn exercises to increase strength and balance, view falls as controllable, set goals for increasing activity, and make changes to reduce fall risks at home.



MANAGING CONCERNS ABOUT FALLS

Beginning on Tuesday, February 3, 10AM-12PM for 8 consecutive weeks, for those who signed up, make sure you attend! This is a valuable program hosted by Bridgeport Health and Social Services. There's no cost to you, nothing to lose and everything to gain.

Offices are Closed Feb 16th in celebration of President's Day
Thank you-

Donations Friends of Hollander House

Monthly Sustainer: The Erlich Family
Michael Rosten for his annual donation in honor of Margie, Fran & Rand Glucroft in honor of Amy's birthday, and Delia Rivera- Thanks!

A Big Thank You to all the Residents that donated their 2025 Security Deposit interest payment back to Friends of Hollander. This will help fund February's Pasta Lunch.



For Donation of bottles and Cans: Hollander Residents, Jean Hermele, Bob & Jane Hillman, and Congregation Or Hadash.

Bottles & Cans for January: \$142.80

HUD NSPIRE Inspection FEB 24, 2026



Our building is scheduled to have our HUD NSPIRE inspection on **Tuesday, February 24th starting at 8AM**. The inspector may need access to your apartment. This happens every 3 years.

Any outstanding repairs from the November Annual Inspections should have been completed in January. Please remain diligent in alerting us to anything that that may need repairs, especially leaks. Seymour I Hollander Apartments' subsidy requires a good score on this inspection. Therefore, it is in everyone's best interest to do your part to assure we pass with an excellent score. See the flyer with tips and reminders about the standards and requirements.

Free Help Filing Tax Returns

Generally available to those who earned less than \$60,000 in 2025-
North Branch Public Library-Call 203-576-8113 for information and to schedule an appointment.
Burroughs Center -Call 203-334-0293 for details and to schedule an appointment.



Rent Rebate Update

In addition to all of your required 2025 income documents, if you file a tax return, it needs to be included with the Renter's Rebate application and is needed for your rent recertification. Please let the Main office make a copy of that for you.

Valentine Craft Project

Please join Lisa,
Thursday, February 5, 10AM You will have the opportunity to create two different projects. One will be a heart shaped ornament using tissue paper to create a stained-glass effect, and the other will be using paint markers to decorate a flat scored surface, that gets folded into a box with a heart on top. Hershey Kisses available to fill the box, making it a perfect gift for a friend or family. No cost to you. Limited to the first 10 people who sign up...and commit to participating.



Greeting Card Box Need a Card/Take a Card

The Card Box will be out from **9AM- 2PM on Wednesday, February 11th**

Pasta & Salad Lunch

For February, we will have a lunch gathering instead of our monthly Coffee Hour.

Join us in the Community Room

Thursday, February 12th at 12PM.

Come for comfort food and fun conversations with your neighbors. **Help us plan; sign up by Tuesday, 2/10 and then Show Up 2/12 for lunch!**



Blood Pressure Checks

Thursday, February, 12, 10AM

Music Appreciation

Please join Brian Torff, **Tuesday, February 24, 1PM.** He'll present, Michael Jackson: Life of a Superstar. His accomplishments as the "King of Pop" will remain some of the most impressive in music history. Please sign up and plan to attend.

Exterminator

This month, FMG is coming on **Tuesday, February 17th** at 10AM for the 2nd Floor

Mandala Coloring

Friday, February 13, 11AM.

Grocery Shopping Trips

2/4 Stop & Shop, Villa Ave
2/11 Big Y, Hawley Lane
2/18 Stop & Shop, Main St
2/25 ShopRite, Shelton

Mah Jongg with Jeri

Thursdays at 2PM February- See calendar for dates.

Movie Night

Fridays at 2:45. Come, bring your popcorn, snacks and a neighbor! You are also welcome to bring your recommendations for future movie requests to Gwen.

2/6 Good Night, and Good Luck
2/13 An Unexpected Valentine
2/20 The Unlikely Pilgrimage of Harold Fry
2/27 The Laundromat

Candle lighting times (Battery/Electric only)

Friday 2/6 4:58 PM
Friday 2/13 5:07 PM
Friday 2/20 5:15 PM
Friday 2/27 5:24 PM







Bulk Trash Pick-Up

We are excited to inform you we partnered with **1.800.Got.Junk** to help you remove unwanted bulk trash, i.e. boxes, furniture, appliances or large items prohibited from going down the trash chute. Now is the time to clean up and throw out bulk items. Please look out for flyer in mailboxes with details. Save the date; **Thurs, Feb. 26th** truck will be on site.



February 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	01
02  6pm	03 10am - 12pm Matter of Balance Program	04 12:30pm Stop & Shop Villa Ave	05 10am Valetines Craft 2pm Mah Jongg	06 11am Mandala 2pm Chair Exercise 2:45pm Good Night & Good Luck Candles 4:59pm	07	08
09  6pm	10 10am - 12pm Matter of Balance Program	11 9am- 2pm Cards box is in Community Rm 12:30pm Big Y Hawley Lane	12 10am Blood Pressure 12pm Pasta Lunch 2pm Mah Jongg	13 2pm Chair Exercise 2:45pm An Unexpected Valentine Candles 5:07pm	14 Happy Valentine's Day! 	15
16   6pm	17 10AM Exterminator SECOND Floor 10am - 12pm Matter of Balance Program	18 12:30pm Stop & Shop Main St	19 2pm Mah Jongg	20 2pm Chair Exercise 2:45pm The Unlikley Pilgramage of Harold Fry Candles 5:15pm	21	22
23  6pm	24 8am HUD INSPIRE Inspt. 10am - 12pm Matter of Balance Program 1pm Music Appreciation	25 12:30pm ShopRite	26 2pm Mah Jongg 1.800.Got.Junk Day!	27 2pm Chair Exercise 2:45pm The Laundromat Candles 5:24pm	28	01
02	03	04	05	06	