



New Year, New Beginnings

We start the year with a message of hope and renewal, encouraging residents to set simple, achievable goals for 2025. Whether it's focusing on health, learning something new, or connecting with others, we can all embrace the opportunity for growth.

Starting a new year should feel fresh and invigorating. Allow January to be the motivation you're looking for to start or learn something new. Pick one *new thing* this year and devote your mind, time and energy on it. Write it down and post it on your fridge to remind you each day! We wish you a wonderful 2025!

Happy New Year!

Thank You!
FOR YOUR DONATION

- ✚ Thanks to all the residents who donated back their 2024 security deposit interest envelopes to Friends of Hollander House
- ✚ Sheila Lieff with condolences to Etta Walker and Family
- ✚ Fran Hiatt in gratitude
- ✚ Betty James, Galina Budagova, Sandy Small, in recognition of Margie's retirement
- ✚ Natalia Meskishvili in Memory of Erin Heneghan

REDEEMABLE BOTTLES FOR November:
\$189.90

HOLLANDER HOUSE REMINDERS

Rent Rebate

This is a reminder that Rent Rebate applications will not be handled on-site this year. It will be up to you to keep track of, and provide, the required documents. Among them is your "Rent Change Notice" that you received from Margie or Amy when you renewed your rent, where your rent for the year 2024 was hand written on the letter. Please file it where you will be able to find it. Early in 2025, you will be reminded of other documents you will receive and also need to provide.

Pest Control

On **Tuesday, January 21st 10AM** FMG exterminator will inspect and treat all **FOURTH-FLOOR units**. Please have your bare mattress exposed and closet floors cleared.



Report Damages ASAP

Please report damage immediately. It is so important to report damages as soon as possible so the staff can catch them before they escalate! A small leak, a little crack, an odd smell, these are all issues that can turn into something more severe if not reported.

Additionally, the security guards are not Seymour Hollander employees. The guards are here for security only and do not take messages, work orders, rent checks etc. Please do not ask the guards to assist with apartment repair request or issues. ALL apartment repairs and or issue need to be addressed by filling out a work order and submitting to the front office. Thank you!



HOLLANDER HOUSE EVENTS / HAPPENINGS

Future Trips

Please, please, please, if you sign up for a trip, be respectful of your neighbors, put it in your calendar, commit to it or give as much notice as possible if you change your mind or need to cancel. GBT will not send a bus for one or two people and you will ruin it for everyone if you are a repeat "no-show" or last-minute cancelation. Let's be mindful to our neighbors. Thank you for understanding.



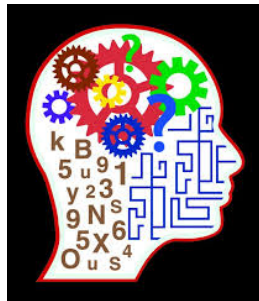
Blood Pressure Checks

On **Thursday, January 23rd**, 10am, Nurse Lee will be here at 10am. Please sign in when you arrive, and she will take you in order.



Brain Games

Ready to give your brain a workout? Boost your cognitive health with fun interactive brain games. The activity will be presented in **English and Spanish**. Please sign up and join health educators, from Bridgeport Social Services, **Monday, January 6th, 11:00**.



Mandala Coloring

Friday, January 10th 11AM in the community Room. Come join your neighbors to color or catch-up!

Advanced Directives Presentation

Please join Attorney Patricia Lugo, from CT Legal Services, on **January 21st, 11:30** to learn about Power of Attorney, Healthcare Representatives and Living Wills. These are very important documents to consider as you plan for your future. Think about who you would like now, or in the future, to help make decisions about health care, finances, and more. Attorney Lugo will also be able to schedule appointments with you, free of charge, to help you create these documents. Please sign up.



Shopping Trips

Jan. 2	12:30- 2:30 Stop & Shop Main.
Jan. 8	10:30- 1pm Milford Crossing
Jan. 15	11-12:30 Trader Joe's
Jan. 22	12:30-2:30 Stop & Shop Villa
Jan. 29	12:30-2:30 ShopRite Shelton

Movie Club Fridays

Bring a snack and come down and watch with friends and neighbors in the Community Room. Then discuss the movie afterwards. Shows start at **2:45pm** unless otherwise noted:

Jan. 3	Piano Lesson
Jan. 10	Blue Miracle
Jan. 17	Six Triple Eight
Jan. 24	Starling
Jan. 31	It Ends With Us

January 2025 at the Hollander House

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Happy New Year! Office Closed	2 12:30 -2:30 Stop & Shop Main St	3 2pm Armchair Yoga 2:45PM Movie- Piano Lesson	4 Don't forget to post on your Fridge your "New Thing" for 2025!
5 Have you given your 2025 SOCIAL SECURITY NEW BENEFIT AMOUNT to AMY?	6 11am Brain Games 	7	8 10:30-1pm Shopping at Milford Crossing	9	10 11am Mandala Coloring 2pm Armchair Yoga 2:45PM Movie- Blue Miracle	11
12	13 	14	15 11:00-12:30 Trader Joe's	16	17 2pm Armchair Yoga 2:45PM Movie- Six Triple Eight	18
19	20 Martin Luther King Jr. Day Office Closed	21 10AM Exterminator 4 th Floor 11:30 Advance Directives	22 12:30-2:30 Stop & Shop Villa Ave 	23 10am Blood Pressure Checks	24 2pm Armchair Yoga 2:45PM Movie- Starling	25
26	27 	28	29 12:30-2:30 ShopRite in Shelton	30	31 2pm Armchair Yoga 2:45PM Movie- It Ends With Us	<u>Donations:</u> Please consider donating canned goods this month. Thank you!