The Hollander Herald

October 2026

SEYMOUR I. HOLLANDER APARTMENTS

🎃 BOO! IT'S OCTOBER AT HOLLANDER! 👻

This month brings beautiful fall scenery, fun outings, and, of course, a little Halloween mischief.

We have a Fall Foliage Train Excursion, a trip to Milford Crossing, Mandala Coloring, exercise with Virginia, grocery shopping trips, and plenty of opportunities to get out and enjoy the season with your friends and neighbors.

And then there's **HALLOWEEN!** 🎃 We'll be decorating the Community Room, having a Halloween party, dressing up, handing out prizes, and even sending you on a Hollander-wide scavenger hunt!

Whether you dress up like a witch, a ghost, a superhero, or simply come as yourself, we hope you'll join in on the fun. **Costumes are optional, smiles are highly encouraged, and having a good time is practically required!**

Have a wonderful—and just a little bit spooky—October, everyone!

🚂 FALL FOLIAGE TRAIN EXCURSION 🍂🍁

All aboard! Join us for a beautiful fall excursion on the **Naugatuck Valley Railroad**.

Enjoy a leisurely hour-and-a-half scenic train ride along the Naugatuck River, crossing the Thomaston Dam and stopping at Fascia's Chocolate Factory.

🗓️ When: **Friday, October 23**
🚌 Pick-up: 9:00 AM
🏠 Return: 1:15 PM
💵 Cost: $30

The trip is available to the **first 8 people who give Gwen $30 by October 15**.

Friends of Hollander will subsidize the additional ticket cost.

Sign up soon—this one is sure to fill quickly!

🔎 THE GREAT HOLLANDER HALLOWEEN SCAVENGER HUNT!

Think you have what it takes to solve a Halloween mystery? 👀

We're having a Hollander Halloween Scavenger Hunt!

Your scavenger hunt list and detailed instructions will be delivered to your **mailbox on October 27th**

Once you've found everything on the list, hold onto your items, **bring your items to the Halloween Party** and we'll see who comes out on top!

And yes… there will be prizes! 🏆🎃

Your scavenger hunt list and detailed instructions will be delivered to your mailbox on October 27. So, keep your eyes open and get ready to hunt!

Happy Haunting! 👻

Seymour I. Hollander Apartments 4190 Park Avenue, Bridgeport, CT 06604
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💪 HEALTH & WELLNESS 💪

Stay Active. Try Something New!

🏋️ EXERCISE WITH VIRGINIA

Please mark your calendar and plan to join Virginia for her wonderfully beneficial exercise classes! **Thursdays at 1:00 PM**

Come move, stretch, strengthen, and enjoy time with your neighbors. We hope to see you there!

🩺 BLOOD PRESSURE CHECKS

Wednesday, October 1st at 10:00 AM
Please sign in when you arrive. Nurse Lee will see residents in order.

💉 FLU VACCINE CLINIC

If you're interested in receiving your flu vaccine in the comfort of our Community Room, a nurse from Griffin Hospital will be here at **10:00 AM on Friday, October 2**.

You must sign up and get a consent form from Gwen **before Oct 2nd**! At the same time, please bring your insurance cards so copies can be made **before clinic day**.

You will need to bring your completed consent form and a copy of your insurance card with you to the clinic. **Copies will not be made on clinic day, so please plan ahead!**

🔧 MAINTENANCE MINUTE

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🌻 GARDEN BOXES

Gardeners, it's almost time to tuck the garden boxes away for the season!

Please remember that **all garden boxes—including the inside and underneath—must be completely emptied by December 1st** so they will be ready for next spring's gardeners.

When you're ready to clean out your box, please contact staff and we will provide you with a **large trash can** to make the job easier.

We hope you enjoyed watching your gardens grow and sharing a little bit of green with the Hollander community.

🌡️ TRANSITIONAL TEMPERATURES

It's that time of year again… sometimes it's warm, and sometimes it's not! Our heating system operates using an outside temperature sensor and will activate when the temperature drops below **65 degrees**.
Important: You must first turn **ON your digital thermostat** and then set it to your desired temperature.
Printed instructions are available if you need help operating your thermostat. Please contact the Main Office and we'll be happy to provide them.
And remember, when the weather gets chilly, **warm layers are your friend!**

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LIFE AT HOLLANDER

MANDALA COLORING

Friday, October 9th at 11:00 AM
Come on down, be in good company, and enjoy getting lost in a coloring pattern. We provide everything you need!

OCTOBER GROCERY TRIPS

Pick-up is at **12:30 PM**, except for Stew Leonard's.

Date	Destination
10/7	Stop & Shop — Main Street
10/14	ShopRite — Shelton
10/21	Stop & Shop — Villa Avenue
10/27	Stew Leonard's -Pickup 11am / Return 2pm
10/28	Big Y, Hawley Lane

SIGNING UP FOR BUS TRIPS

A little reminder when signing up for a trip: **please write only ONE PERSON PER LINE.** Each line represents one seat on the bus. The GBT bus can hold a maximum of **12 passengers**, and fewer passengers if someone is traveling with a wheelchair.

MILFORD CROSSING TRIP

Tuesday, October 6
Pick-up: **10:30 AM**
Return: **1:00 PM**
Please sign up if you'd like to go!

HALLOWEEN HAPPENINGS

Our **Halloween Party will be Friday, October 30th. Party starts at: 1:30pm**

Watch for the sign-up sheet!

There will be **prizes for the best costumes**, so please participate and have some fun. Of course, costumes are completely optional—you can come dressed up, dressed down, or simply come as yourself!

HELP US DECORATE!

Come lend a hand, get creative, and help us make the room look spook-tacular!

We'll be decorating the Community Room Monday, Oct 26th, beginning at **9:30 AM**.

We are looking for a committee to take on this project! We would love your help turning the Community Room into a **eerie and festive Halloween headquarters! Please come and volunteer! All supplies will be supplied by Hollander.**

CANDLE LIGHTING

FRI. OCT 2	6:15 PM	
SAT. OCT 3	7:12 PM	
FRI. OCT 9	6:03 PM	
FRI. OCT16	5:52 PM	
FRI. OCT 23	5:42 PM	
FRI. OCT 30	5:33 PM	

Battery and Electric Candles only!

🏠 LIFE AT HOLLANDER

EXTERMINATOR NOTICE

Tuesday, October 20th Fifth Floor

FMG will be on site this month for the 5th Floor. Please have your bare mattress exposed and closet floors cleared!

🎉 PARTY REMINDER!

We love our Hollander parties—and we want to keep them **fun, social, and enjoyable for everyone!** ❤️

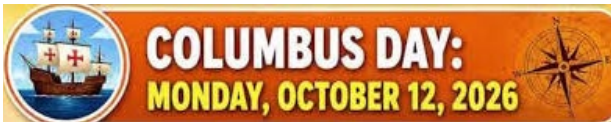
Just a friendly reminder that **Hollander parties are for Hollander tenants and on-duty health aides only.** Our parties are made possible through donations, so please help us make sure there is enough for everyone.

And remember: **the party is the place to enjoy the food!** 😉 Please don't take food back to your apartment.

Come for the food, stay for the fun, and most importantly—stay for the company! 🥳

REMINDER:

The Hollander offices will be closed on

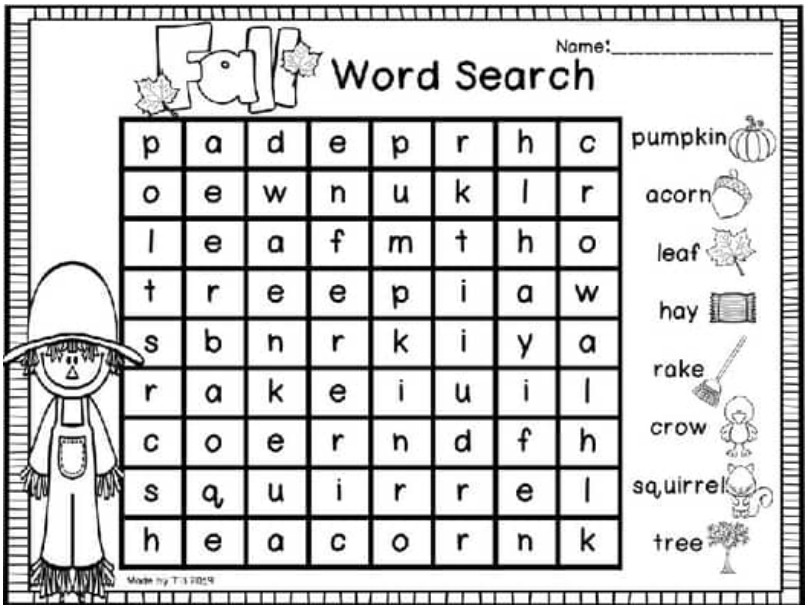


❤️ FRIENDS OF HOLLANDER

Monthly Sustainer: The Erlich Family
Donor: Delia Rivera
Special Thanks: Susan Cazary for donating a shopping cart and books to the Hollander Library; Gail Falcon for baking two types of delicious cookies for the Pizza Truck event Sept 15th ; Gilda Vogel and Cathy Mastrianno for decorating our indoor Sukkah area; Our Sukkah hosts: Gilda Vogel and Les Jasgur

Bottles & Cans: Hollander Residents, Jean Hermele, Tamara Weinberg, Rabbi Niema Hirsch, and Congregation Or Hadash.

♻️ **Sept Bottles & Cans Total: $200.30** ♻️



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October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Sukkot	28 Sukkot	29 Sukkot	30 Sukkott	**01** 10am Blood Pressure 1pm Exercise Class Sukkot	02 10am Griffin Flu 2pm Chair Exercise Candles 6:15pm Sukkot	03 Candles 7:12pm Shmini Atzeret
04 Simchat Torah	**05** 6pm BINGO	**06** 10:30am Milford Crossing	**07** 12:30pm Stop & Shop Main St	**08** 1pm Exercise Class	09 11am Mandala 2pm Chair Exercise Candles 6:03pm	10
11	**12** Hollander Offices Closed	**13**	**14** 12:30pm ShopRite Shelton 6pm BINGO	**15** 1pm Exercise Class	16 11am Trader Joe's 2pm Chair Exercise Candles 5:52pm	17
18	**19** 6pm BINGO	**20** 10am Pest Control 5th Floor	**21** 12:30pm Stop & Shop Villa Ave	**22** 1pm Exercise Class	23 9am Foilage Train 2pm Chair Exercise Candles 5:42pm	24
25	**26** 9:30am Halloween Decorating Day 6pm BINGO	**27** 11am Stew Leonard's	**28** 12:30pm Big Y	**29** 1pm Exercise Class	30 1:30pm HALLOWEEN PARTY Candles 5:33pm	31 Happy Halloween!