The Hollander Herald

September 2026

SEYMOUR I. HOLLANDER APARTMENTS

WELCOME As summer begins to wind down and the first signs of autumn start to appear, September brings a wonderful season of connection, community, and new opportunities at Hollander.

This month is filled with exciting activities and events! From our trip to Port Jefferson and the return of the Big Green Pizza Truck to music, exercise, Line Dancing, and special holiday gatherings, there is something for everyone to enjoy. We are also excited to welcome Virginia, our newest fitness instructor, and hope residents will take advantage of this wonderful opportunity to stay active, build strength, and have fun with friends and neighbors.

September is also a time of celebration and reflection as we recognize the beginning of the Jewish New Year and gather for Rosh Hashanah and Sukkot activities. We hope everyone who participates enjoys these meaningful traditions and community gatherings.

As always, we encourage you to stay connected, try something new, and take advantage of the many activities offered here at Hollander. Thank you for helping make Seymour I. Hollander Apartments such a warm, welcoming, and active community.

🚢 A Day Trip to Port Jefferson!

Enjoy a day of strolling, browsing, relaxing by the beach, and having lunch on your own in beautiful Port Jefferson.
Tuesday, September 8TH
Pickup: 8:40 AM - 9:10 AM
Ferry: 10:30 AM
Return Ferry: 3:15 PM
Bus Return: Approximately 4:30 PM
Senior Ferry Fare: $30, payable at the ferry

Please sign up if you'd like to join us!

❤️ FRIENDS OF HOLLANDER

Monthly Sustainer: The Erlich Family
Music Bingo Program: Rabbi Colin Brodie
Donor: Delia Rivera

Special Thanks: Residents who contributed to the monthly food drive for nOURish Bridgeport

Bottles & Cans: Thank you to Hollander residents, Art Finkle, Jean Hermele, Tamara Weinberg, and Congregation Or Hadash.

♻️ **August Bottles & Cans Total: $178.80** ♻️

BIG GREEN PIZZA TRUCK RETURNS!

🍕 🍕 🍕 🍕

One of Hollander's most popular annual events is back! Don't miss this delicious opportunity to enjoy pizza, salad, and time with your neighbors.

Tuesday, September 15TH
Sign up by September 10TH
All-you-can-eat pizza and salad — at no cost to residents!

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❤️ WELLNESS

Welcome Virginia!
NEW Strength 💪 Training Class

Thursdays at 1:00 PM beginning September 10

Virginia's class is designed to help residents build strength, support their joints, and improve stability and balance. The class includes modifications and options to sit, stand, or do a combination of both. Chair support will be available, and occasional weights or equipment may be incorporated. **Wear comfortable clothing, comfortable footwear, and bring your smile! There is no cost to participate. Please sign up and give it a try!**

💃 Line Dancing with Tom

Thursdays at 11:00 AM
Sept. 10 • Sept. 17 • Sept. 24
Come join the fun and enjoy some great exercise!

🩺 Blood Pressure Checks

Wednesday, September 30 at 10:00 AM
Please sign in when you arrive. Nurse Lee will see residents in order.

🤝 COMMUNITY CONNECTIONS

Stay Active. Meet Your Neighbors. Try Something New!

🎶 MUSIC & THE ARTS

Music Appreciation with Brian Torff

Tuesday, September 22 at 1:00 PM

Brian Torff will present the music of *Fiddler on the Roof*. Join us for this special musical program exploring the life-affirming story, memorable music, and traditions of this beloved production.

Please sign up and mark your calendar!

🎨 Mandala Coloring

Friday, September 11 at 11:00 AM
Never tried Mandala Coloring? Stop by and experience the Zen!
We provide the supplies.

🎬 Movie Update

For the time being, regular movie nights will not be scheduled. Movies may be shown intermittently, so please watch the newsletter, flyers, and slideshow for announcements.

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🔧 MAINTENANCE MINUTE

Keeping Your Glass Cooktop Looking and Working Its Best

Adrian's Glass Cooktop Tips:

✔ Use Bar Keepers Friend or Weiman Glass Cooktop Cleaner & Polish to safely remove grease and burnt-on food.

✔ A loose paste of baking soda and water can be gently applied with a paper towel or soft rag.

✔ Clean up spills as soon as the stovetop has cooled down.

✗ Avoid harsh abrasives.

✗ Do not use Windex.

🚌 GROCERY TRIPS

September Grocery Trips

Please check the flyer for the correct pickup time. Times have recently changed.

Date	Destination
9/2	Price Rite
9/9	Stop & Shop — Main Street
9/16	ShopRite — Shelton
9/18	Trader Joe's — Pickup 11:00 / Return 12:30
9/23	Stop & Shop — Villa Avenue
9/30	Big Y — Hawley Lane

Please sign up if you'd like to go!

🏠 LIFE AT HOLLANDER

Home, Health, Safety & Important Reminders

🛡️ SAFETY FIRST

🚭 Smoke-Free Community

Hollander House, including the building and grounds, is a smoke-free environment. The only exception is the designated smoking area located next to the accessible parking spaces.

Smoking anywhere else on the property is a lease violation.

🕯️ Flame-Free Reminder

For everyone's safety, **anything with an open flame is not permitted in the building—even during a power outage**. If you enjoy candles for mood, religious observances, or emergency preparedness, please use flameless, battery-operated candles.

Wax candles are a lease violation and a safety hazard.

🐜 EXTERMINATOR NOTICE

Tuesday, September 15- Fourth Floor

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

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🍎 A Sweet New Year at Hollander

Shofar Blowing & Apples and Honey

Friday, September 11 at 10:30 AM
Community Room Patio, weather permitting
Join us as we welcome Rosh Hashanah with apples and honey for a sweet New Year. Hollander Board Member Rich Rubin will blow the Shofar.

We wish everyone celebrating a sweet and healthy New Year!

🕯️ CANDLE LIGHTING

FRI. SEPT 4	7:03 PM	
FRI. SEPT 11	6:51 PM	EREV ROSH HASHANAH
SAT. SEPT 12	7:49 PM	ROSH HASHANAH
FRI.SEPT 18	6:39 PM	
SUN. SEPT 20	6:36 PM	EREV YOM KIPPUR
FRI. SEPT 25	6:27 PM	EREV SUKKOT
SAT. SEPT 26	7:24 PM	SUKKOT

Battery and Electric Candles only!

💡 DID YOU KNOW?

September is **National Preparedness Month**—a good reminder to make sure you know where your flashlight, medications, emergency contacts, and important supplies are located.

🌿 Sukkot at Hollander

Decorating the Sukkah

Thursday, September 24: 10:00 AM & 3:00 PM
Friday, September 25: 11:00 AM
Weather permitting

Sukkah Party

Tuesday, September 29 at 11:30 AM

Join Rabbi Niema Hirsch in the Sukkah area for stories and singing, followed by lunch. Watch for the sign-up sheets.

Sukkah Schmoozing Hours

Volunteers are needed to serve as hosts during Sukkot. Please see the sign-up sheet on the board or call the office if interested.

📢 QUICK UPDATES

🏆 Congratulations!

Congratulations to the GBT Bus Ticket Raffle winners:
Naty • Morris • Ethlyn • Jacqueline • Charlene • Pat S.

🏢 Office Closed

The Hollander offices will be closed on **Monday, September 7,** for Labor Day and **September 21**, in observance of Yom Kippur.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	**02** 12:30pm PriceRite 6pm BINGO	**03**	04 2pm Chair Exercise Candles 7:03pm	05
06	**07** 	**08** 8:40am Trip to Port Jeff	**09** 12:30pm Stop & Shop Main St 6pm BINGO	**10** 11am Line Dancing 1pm NEW Exercise Class	11 10:30am Shofar Blowing 11am Mandala 2pm Chair Exercise Candles 6:51pm Erev Rosh Hashanah	12 Candles 7:49pm
13 Rosh Hashanah	**14** 6pm BINGO	**15** 10am Pest Control 3rd Floor 12pm Big Green Pizza Truck!	**16** 12:30pm ShopRite Shelton	**17** 11am Line Dancing 1pm NEW Exercise Class	18 11am Trader Joe's 2pm Chair Exercise Candles 6:39pm	19
20 Erev Yom Kippur Candles 6:36pm	**21** 	**22** 1pm Music Appreciation	**23** 12:30pm Stop & Shop Villa Ave 6pm BINGO	**24** 10am & 3pm Decorate the Sukkah 11am Line Dancing 1pm Exercise Class	25 11am Decorate the Sukkah 2pm Chair Exercise Candles 6:27pm Erev Sukkot	26 Candles 7:24pm
27 Sukkot	**28** Sukkot BINGO	**29** Sukkot	**30** Sukkot 10am Blood Pressure 12:30pm Big Y	01 Sukkot	02 Sukkot	03 Sukkot