

JANUARY

Zodiac: Capricorn or Aquarius

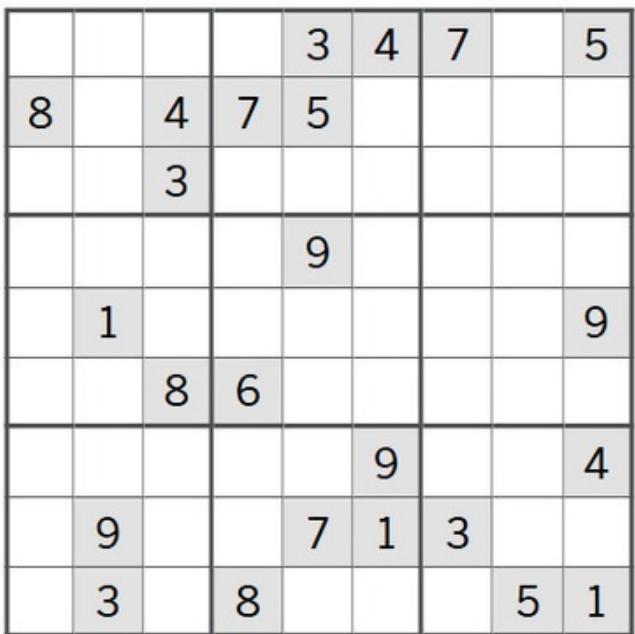
Birthstone: Garnet

Birth flowers:
Carnation or Snowdrop



SUDOKU

Medium difficulty
Created by PuzzleMe TM



Did You Know?

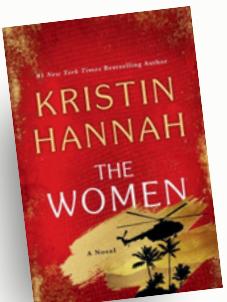
Sudoku, meaning "single number" in Japanese, is an American-invented logic puzzle (originally "Number Place") popularized globally in the 2000s. With roots in 18th-century Swiss math problems, it requires filling a 9x9 grid so each row, column, and 3x3 box has numbers 1-9 once.

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VOLUNTEER HIGHLIGHT

Reading with Laura

GlenBrook is blessed to have several regular volunteers who provide activities & fun for our residents. Laura comes on Mondays & Tuesdays to read a book aloud in the Library. This past month she has been reading Kristin Hannah's historical fiction "The Women" which follows the life of a woman who goes to war in Vietnam as a nurse. This epic story echoes that of many women's heroism, bravery & sacrifice both at war & at home.

CELEBRATING MORE THAN THE



Did you know there is an official National Day Calendar? Hallmark made celebrating the "big" holidays popular back in the 1950's by creating categorized cards & keepsakes. But as social media & marketing started to take off in the early 2000's, a registry was created to recognize the more obscure, unique holidays & make every day something special.

- January 2 - World Introvert Day
- January 4 - National Spaghetti Day
- January 5 - National Whipped Cream Day
- January 8 - National Bubble Bath Day
- January 10 - House Plant Appreciation Day
- January 12 - Pharmacist Appreciation Day
- January 16 - National Nothing Day
- January 21 - National Hugging Day
- January 23 - Measure Your Feet Day
- January 27 - National Chocolate Cake Day
- January 29 - National Puzzle Day
- January 31 - National Backward Day

What days will YOU be celebrating?

JANUARY 2026

GLENBROOK FRIENDS & FAMILY NEWSLETTER

NOVEMBER

all **STAR**



ERIKA RODRIGUEZ

SANTAAAAAA!!

The legendary Big Guy stopped by GlenBrook to bring Christmas cheer & check off his "nice" list!



HOLIDAY CELEBRATIONS

GlenBrook Residents celebrated a holiday dinner of surf & turf with friends & family. Our Skilled & Assisted Residents had a great turn out with lively conversations and delicious food.

