

JANUARY

Zodiac: Capricorn

or Aquarius

Birthstone: Garnet

Birth flowers:

Carnation or Snowdrop



SUDOKU

Medium difficulty
Created by PuzzleMe T M

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 3 | 4 | 7 | | 5 |
| 8 | | 4 | 7 | 5 | | | | |
| | | 3 | | | | | | |
| | | | | 9 | | | | |
| | 1 | | | | | | | 9 |
| | | 8 | 6 | | | | | |
| | | | | | 9 | | | 4 |
| | 9 | | | 7 | 1 | 3 | | |
| | 3 | | 8 | | | | 5 | 1 |

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.

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

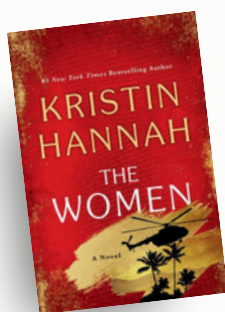
January 31 - National Backward Day

What days will YOU be celebrating?

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.



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MAY 2025-MAY 2026

USA

JANUARY 2026

GLENBROOK FRIENDS & FAMILY NEWSLETTER

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.

NOVEMBER

all **STAR**
★★★★★



ERIKA RODRIGUEZ



SANTAAAAAAA!!

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

