



Welcome to the first newsletter of 2026!

January often inspires reflections on beginnings, breakthroughs, and moments that shaped the world.

This month has witnessed remarkable milestones in science, literature, and human creativity - each reminding us that new chapters can begin at any age.

As we step into another year together, let's celebrate curiosity, resilience, and the joy of continual learning. May this month bring a sense of renewal and the gentle encouragement to explore something that sparks your interest.

*Linda Martin - Activities Director*

### NOTICEBOARD

Hair Stylist come the Second Tuesday of the Month 10:30 – 2:30

Welcome!  
Here's what's happening...

Bingo @ 10:30 Mondays, Wednesdays & Fridays & Saturdays on 3<sup>rd</sup> floor.

Gentle Moving to Music- Tuesdays @ 10:30 3<sup>rd</sup> floor

Donut Days are moving to Saturday every other week.

Join Karaoke on Mondays at 3:30 4<sup>th</sup> floor dining room!

Do you like learning about other countries? Come to Armchair Travel Friday, January 23<sup>rd</sup> @ 3:30 – 4<sup>th</sup> floor dining room.

Resident Council- Tuesday Jan. 20<sup>th</sup> 1:30 4<sup>th</sup> floor



**Ed & Sandra**

*Please join us in the recreation room on the first Sunday in January to celebrate!*

### Special Days in January

- 1st Hot Tea Day
- 3rd Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Bday
- 12th Australian Open
- 19th Intl. Flower Day
- 19th MLK Day
- 21st Intl. Hug Day
- 23rd Sundance Festival
- 26th Australia Day
- 27th Mozart's Birthday

### NINE LETTER WORD PUZZLE

Can you find the 9-letter word in this puzzle? Last month's Answer: CIRCADIAN

H	L	O
U	D	D
T	O	A

Word: \_\_\_\_\_

The only trouble with retirement is you never get a day off.

- You are never too old to set another goal or to dream a new dream.  
- C.S. Lewis