

# Little Munchkins Learning Center

*"Where learning and loving go hand in hand"*

Monthly Newsletter

January 2026



## Birthday List



We would like to wish a special HAPPY BIRTHDAY to all of our January babies!!!

Lailah A 1/08	Preslie M 1/24
Julian E-A 1/15	Townes E 1/28
Junia D 1/27	Amelia H 1/24
Jaimeson S 1/26	Cyrus R 1/18
Jaxson S 1/26	Storri W 1/4
Lyra J 1/13	Gabriel D 1/16
Orion A-B 1/13	
Sienna V 1/2	
Mala'kai H 1/5	

**VITAL SHIFT** - Dr Arturo Espinoza, a wellness expert, presents this interactive wellness presentation designed for people who want to stop reacting to health problems and start preventing them. It explains—plainly and powerfully—how the nervous system drives healing, energy, resilience, and long-term health, and why SPINAL care is foundational for anyone serious about wellness.

This presentation is for individuals who:

- Are tired of managing symptoms instead of addressing root causes
- Care about longevity, performance, and quality of life
- Want practical, science-based strategies for prevention
- Are ready to take ownership of their health instead of outsourcing it

**VITAL SHIFT** helps people reconnect the dots between stress, spinal health, nervous system function, and overall vitality—so they can make informed, proactive decisions before breakdown happens.

## Happy New Year!!!

From our family to yours, we would like to wish you a Happy New Year! As we begin 2026, we hope it brings your family happiness, good health, and prosperity. We hope the year ahead brings your family many blessings, cherished memories, and exciting new beginnings. Thank you for being part of our community, and we look forward to another wonderful year together.



We would like to extend a heartfelt thank you to every family who donated to **Foster Village**, our chosen charity this year. Your generosity, kindness, and willingness to give truly made a meaningful impact. Because of your support, families and children in foster care will receive resources, encouragement, and care when they need it most.

We are grateful for the willingness of our families to come together in support of such an important cause. Your donations reflect a shared commitment to compassion, service, and community involvement. It is because of this collective effort that we are able to help provide resources and support to those in need.

Thank you for your continued support and for partnering with us in making a positive difference. We truly value the generosity and dedication of our families and appreciate your role in helping us give back this year.



## Looking Ahead...



Jan 1st—Closed for New Years

**MLK Day**

Jan 14th—Vital Shift Dinner with wellness expert Dr. Arturo Espinoza (Parent Information Night)

Jan 19th—Closed for MLK Day





## Crystal's Corny Corner

- Why did the fish blush?

It saw the ocean's bottom



- What do you call a snowman who tells jokes?

A chill comedian



- How does the moon cut his hair?

Eclipse it



## Smart Snippet



- A popular New Year's tradition in Spain and many Spanish-speaking countries is eating 12 grapes at midnight—one for each month of the coming year. Each grape represents good luck, health, and prosperity for that month. Families often eat the grapes with each clock chime as a fun way to welcome the New Year with hope and positive wishes.
- January has two zodiac signs in the month, Capricorn (Dec. 22 – Jan. 19) and Aquarius (Jan. 19 – Feb. 18). Capricorns are known for being great helpers and hard workers. Their symbol is the mountain goat, which shows how strong and determined they can be. Capricorns love routines and enjoy doing their best. Aquarius children are often creative, curious, and friendly. Their symbol is the water bearer, which represents sharing and caring for others. Aquarians love learning new things and helping their friends.
- The Northern Lights, or Aurora Borealis, are one of nature's most breathtaking phenomena. They appear as shimmering, colorful lights in the night sky, ranging from green to pink, purple, and red. The best places to witness them are in high-latitude regions, such as Alaska, Norway, Canada, and Iceland. For centuries, the Northern Lights have inspired myths, legends, and awe, and today they continue to captivate travelers, photographers, and stargazers worldwide.

