senior living activity assistant
powered by spectrio

Monday, April 3rd, 2023

RESIDENT DAILY DELIGHT

National Find a Rainbow Day

Look to the sky and find a colorful ray of hope cast across it - it is Find a Rainbow Day!

A spectrum of light in the form of a multicolored arc, appearing in the sky, is caused by both reflection and refraction of light in water droplets in the Earth's atmosphere. These rainbows always appear directly opposite of the sun. The light is refracted (bent) when it enters a droplet of water, then is reflected inside on the back of the droplet and refracted again when leaving it.

Red is the color that is visible on the outer part of a rainbow and violet on the inside of a primary rainbow. Children learn in science class the mnemonic ROYGBIV to help them to remember the sequence of colors in a rainbow: red, orange, yellow, green, blue, indigo, violet. Many forms of airborne water can cause rainbows including, rain, mist, spray, and dew.

So, look for a rainbow today, or or use the garden hose or a prism to make one yourself!

There are people that see rainbows as an artistic masterpiece in the sky,

to others it is a sign of hope and to many a sign of promise.

It can be all three; beauty, hope and promise.

- Jill Magnus

ON THIS DAY...

April 3, 1973

The first public mobile telephone call is placed on a Manhattan sidewalk.

DID YOU KNOW???

Rainbow Maiden

According to a Hawaiian legend, Kahalaopuna is known as the Rainbow Maiden, born of the divine wind and rain of Manoa Valley. Since ancient times the valley has been regarded as "the royal palace of rainbows," where the beautiful Rainbow Maiden can be seen playing wherever the light of sun touches the misty rain.

Today's Trivia

There is one place where it's possible to see a rainbow in a full circle. Where is it?

A. Exactly on the equator

B. The North Pole

C. In an airplane

D. On top of Mount Everest

(answer on page 8)

Today's Wisdom:

God puts rainbows in the clouds so that each of us - in the dreariest and most dreaded moments - can see a possibility of hope.

- Maya Angelou

Today's Riddle:

What do you get if you put a panda underneath a rainbow?*(continued on page 8)*

DAILY WORD SEARCH

Find a Rainbow Day

O	O	P	D	S	P	R	I	N	G	C	O	W	S
H	S	O	R	P	U	L	F	B	E	S	R	A	W
A	E	T	O	E	O	N	Z	B	I	O	E	T	P
R	V	O	T	C	L	S	L	R	V	M	F	E	S
K	E	G	L	T	I	O	I	I	W	E	L	R	E
D	N	O	N	R	P	P	B	W	G	W	E	D	P
R	C	L	O	U	D	G	Q	P	N	H	C	R	N
T	O	D	A	M	Y	V	I	R	P	E	T	O	R
R	L	C	H	O	I	M	V	E	P	R	I	P	F
S	O	C	R	A	I	N	B	O	W	E	O	L	Y
P	R	I	S	M	M	E	S	T	W	W	N	E	P
A	S	N	R	S	V	U	E	D	G	V	I	T	T
S	E	I	V	C	G	O	P	N	P	M	R	S	E
E	T	T	Q	E	V	E	S	G	P	I	K	V	W

Noah	Cloud	Seven Colors
Pot-o-gold	Prism	Spectrum
ROYGBIV	Rain	Spring
Somewhere	Rainbow	Sunlight
Arch	Reflection	Water Droplets

WRITING EXERCISE

Use this writing prompt to get those creative juices going!

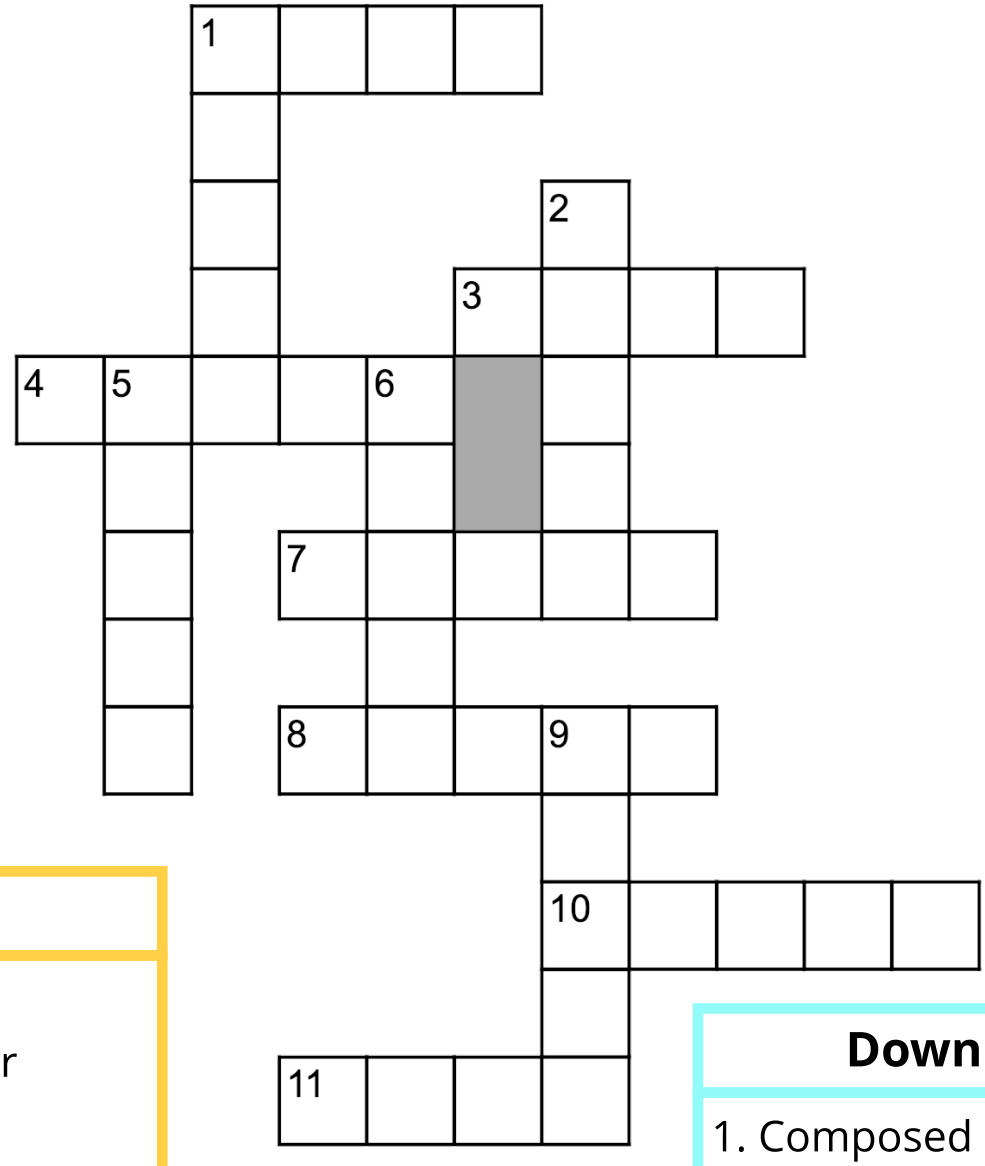
Take a walk and write what your walk was about. Does it inspire you to write poetry? A paragraph about nature?

WORD JUMBLE

Every answer uses only the letters in the word:

How many can YOU make?

Water Droplets



Across

1. To exude liquid
3. Cool, red center
4. Take without permission
7. Said a bad word
8. Lurk about
10. Bus movie with Sandra Bullock
11. Challenge to do

Down

1. Composed
2. H2O
5. Whole amount
6. Reduce the price
9. Refuse or trash

5.

Sudoku

HOW TO PLAY SUDOKU

OBJECTIVE: Fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. Rows, columns, and regions each consist of 9 cells, and the whole game consists of 81 cells. A region has thicker lines surrounding it.

The most basic strategy to find missing numbers is scanning and it consists of:

1) Crosshatching - Scan rows and columns to eliminate where a specific number can be in a given region.

2) Counting - Simply count all the different numbers in a row, column, and region that connect to one cell. If there is just one number missing, then that's what should be in the cell.

	1		7			8	6	9
	5				1	2	4	
2	7	6	8			3		
8				4				1
5					8			6
	3			6	2	7		
6		9		5			8	
		5	4		6		7	
		3		1			5	

				8		7		9
2							1	
3	6			9		8		
	3	1	5					
		2	4	7			6	
6		4					2	1
				5	8			6
		6				3		7
1	8				3			

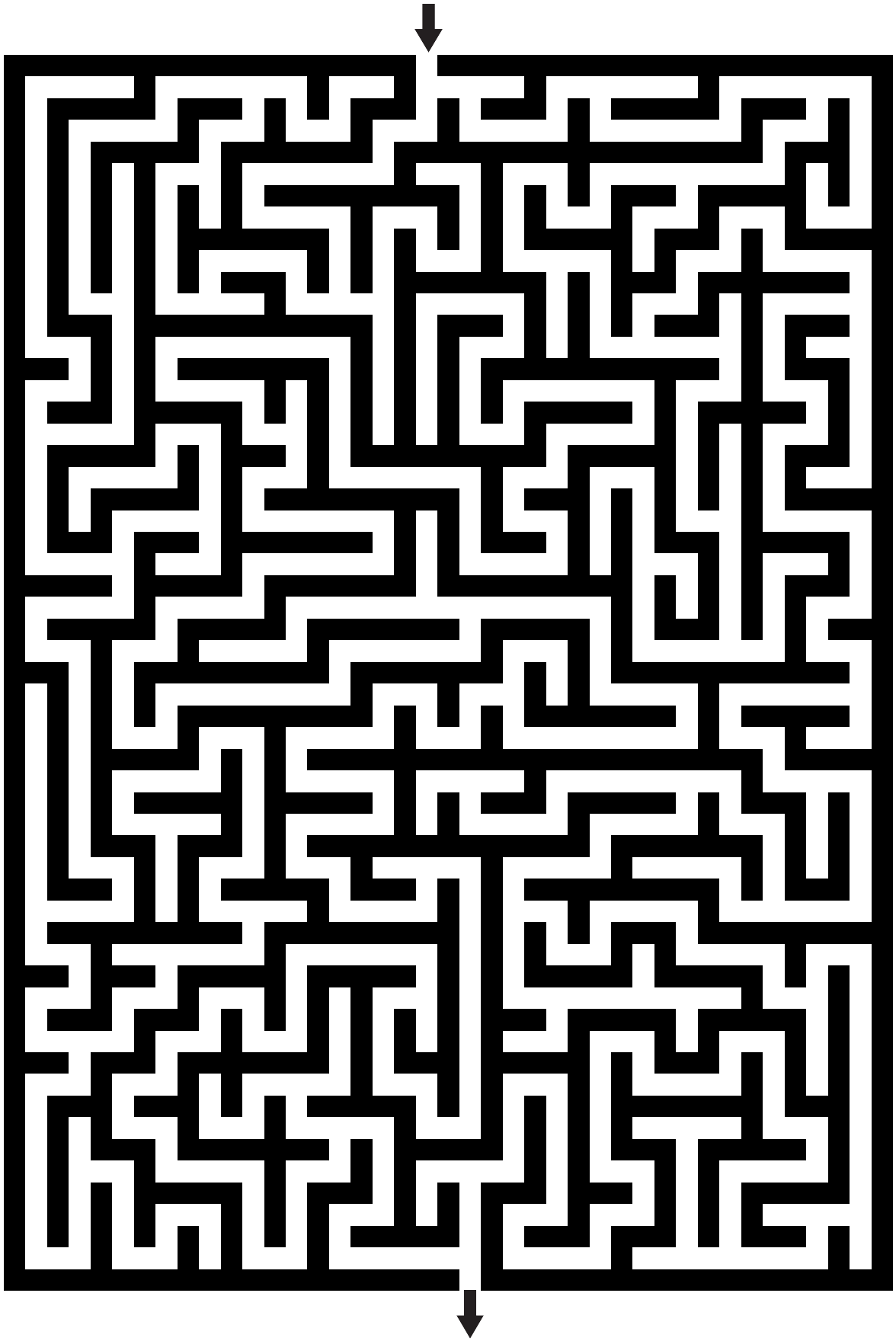
HINTS:

Until you've had lots of practice figuring out puzzles, here are some questions that you can ask as you play to help you to make progress:

- Where could I place the value X in this row/column /box ? (Go through the numbers 1 to 9, and scan to see if the number is already in that row / column / box)
- What value could I put in this cell? (If there's just one acceptable – put it in!)
- What row / column / box is nearly full, and can I fill it?

LINDON B.JOHNSON/ WIKIPEDIA COMMONS

SOLVE THE MAZE



7.

SOLUTIONS

3	1	4	7	2	5	8	6	9
9	5	8	6	3	1	2	4	7
2	7	6	8	9	4	3	1	5
8	6	7	9	4	3	5	2	1
5	9	2	1	7	8	4	3	6
4	3	1	5	6	2	7	9	8
6	4	9	3	5	7	1	8	2
1	2	5	4	8	6	9	7	3
7	8	3	2	1	9	6	5	4

Riddle Answer:

A damp panda!

4	1	5	6	8	2	7	3	9
2	9	8	3	4	7	6	1	5
3	6	7	1	9	5	8	4	2
9	3	1	5	2	6	4	7	8
8	5	2	4	7	1	9	6	3
6	7	4	8	3	9	5	2	1
7	4	3	2	5	8	1	9	6
5	2	6	9	1	4	3	8	7
1	8	9	7	6	3	2	5	4

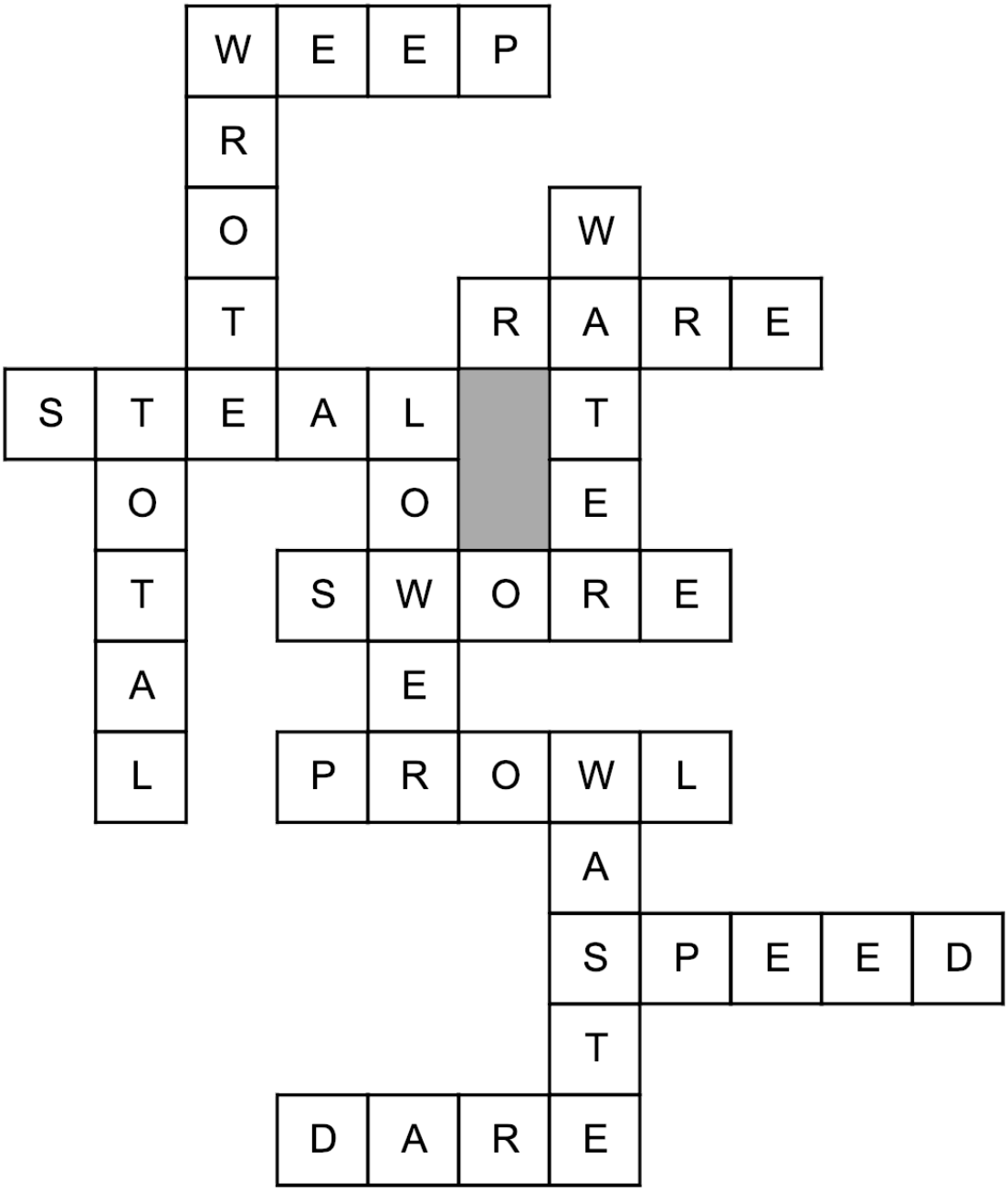
Trivia Answer:

C. In an airplane

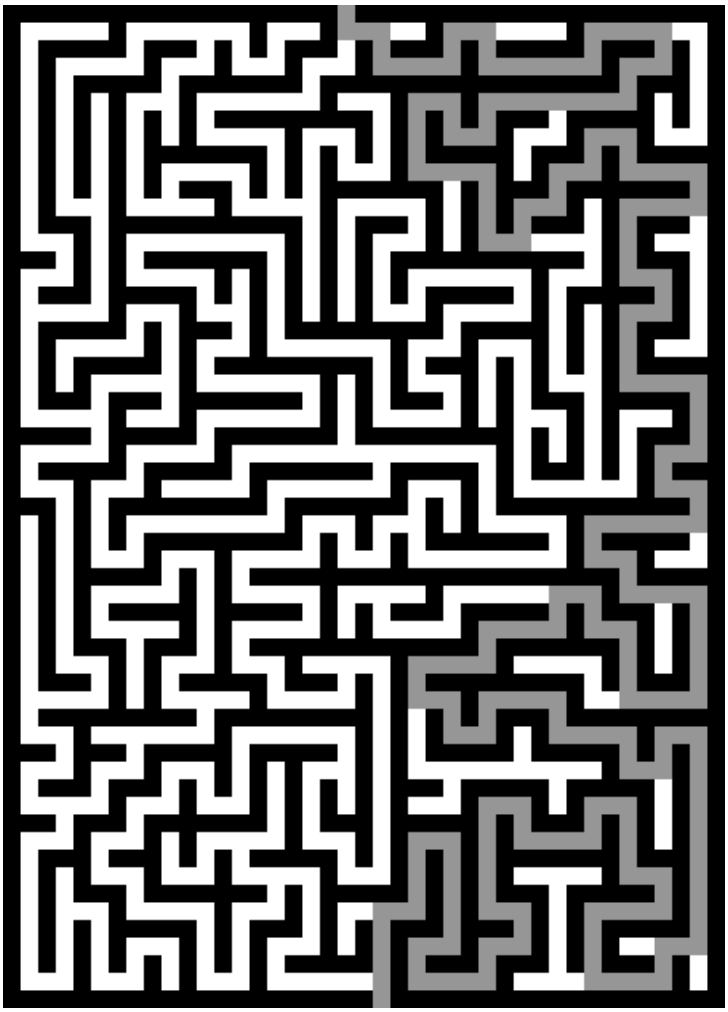
The higher you get the more circular the rainbow can become, especially if the sun is directly behind you.

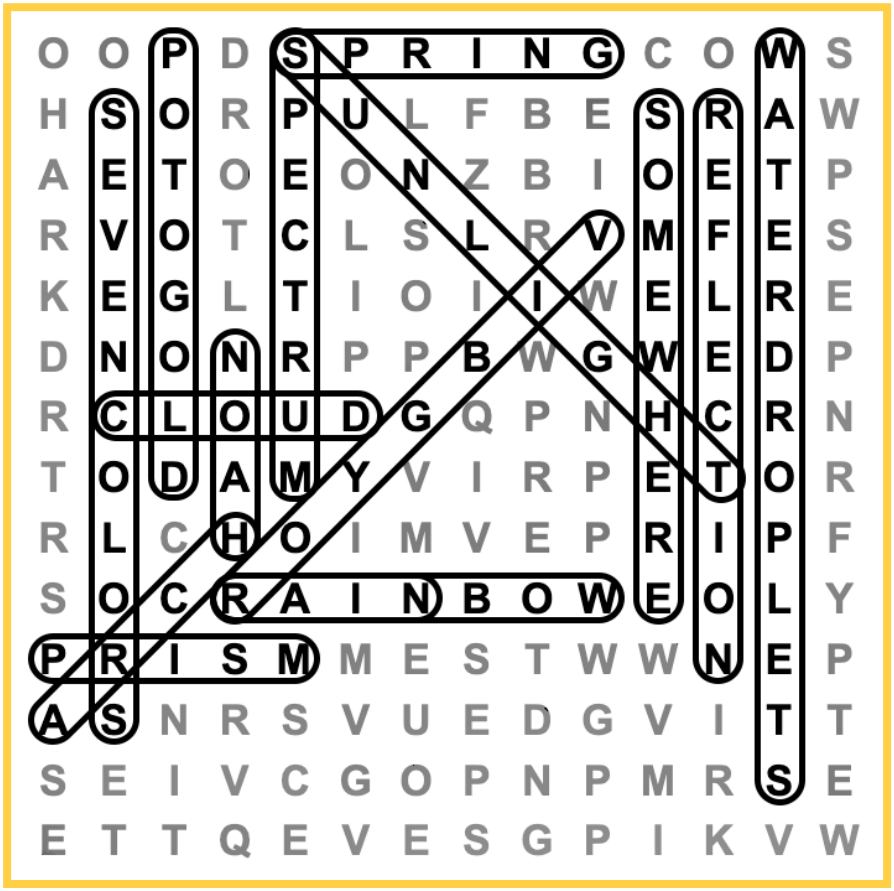
WORD JUMBLE SOLUTION

Water Droplets



SOLUTIONS





WORD SEARCH SOLUTION

Find A Rainbow Day