Daily Delight

FRIDAY • JULY 4 • 2025

Alice in Wonderland Day

Lots of people have seen the many movie adaptations of Lewis Carroll's Alice in Wonderland, or maybe read the book and its sequels. But what you may not know is that Alice is based on a real little girl. While out on rowing trips down the River Thames, the real-life Alice and her two sisters, Lorena and Edith, loved to hear Carroll tell the stories about Alice's adventures so much that he wrote them down to give them to the real Alice as a Christmas present in 1864.

The very next year, Carroll selfpublished the book and added Lorena and Edith to the story as the characters of Lory and Eaglet. After that, the world, as they say in Wonderland, fell down the rabbit hole.



Today in History



In 1881, educator, pioneer, author, and orator Booker T. Washington established Tuskegee Institute in Alabama. Working his way through college, Washington was a key supporter of African American businesses and one of the founders of the National Negro Business League.

senior living activity assistant powered by **spectrio**



DID YOU KNOW? Blinking Brain Reset

Blinking is essential for cleaning and lubricating the eye, yet humans blink about 12 times a minute, spending roughly 10% of waking hours with eyes closed. A study by the University of Osaka found that participants blinked during scene changes in Mr. Bean, activating the brain's "default mode network." These brief pauses in brain function may help humans refocus their attention, indicating that blinking serves a role beyond simple lubrication.

TRIVIA

What is the most common dream?

- A Losing Teeth
- **B** Failing at school
- **c** Falling
- **D** Cheating

TODAY'S FUNNY

My favorite exercise is a cross between a lunge and a crunch...

I call it lunch!

TODAY'S WISDOM

"A true friend is someone who is there for you when he'd rather be anywhere else."

– Len Wein

WORD SEARCH

UNCOMMON MUSIC MAKERS

XCKWZOF RRP S K M Ζ Ω S S X Ζ G Ζ Z Z YC

Daxophone Fotoplayer Gamelan

Strange Theremin Uncommon

Xaphoon Armonica History

Instruments Musicians Tradition

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

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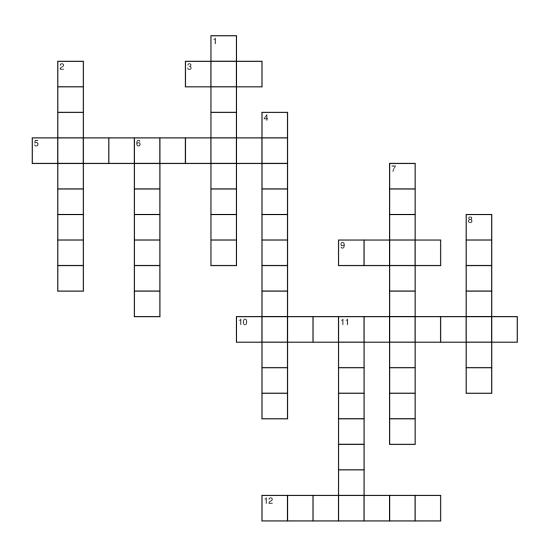
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7	1					2		5

Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

MINI CROSSWORD

Independence



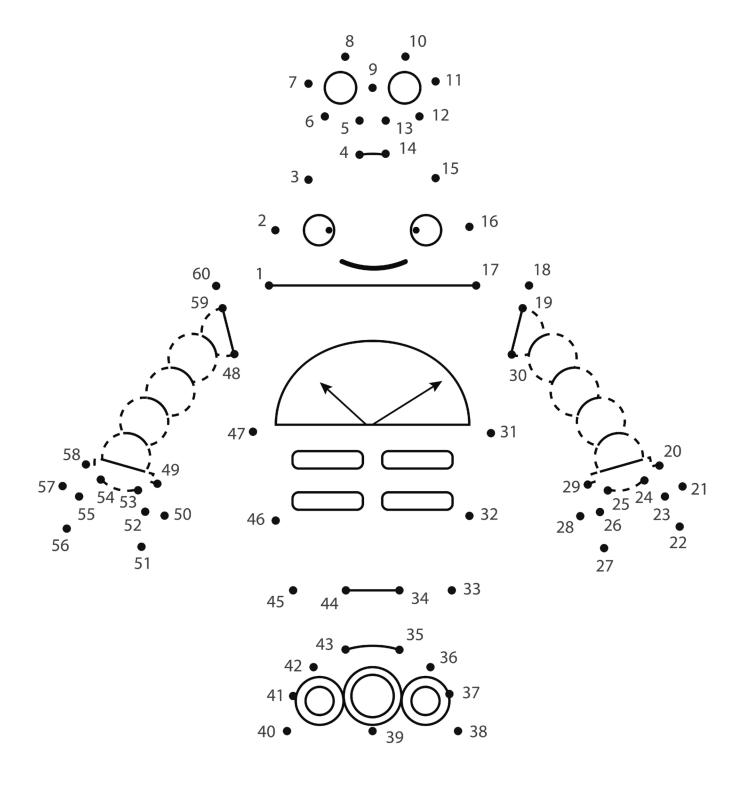
Across

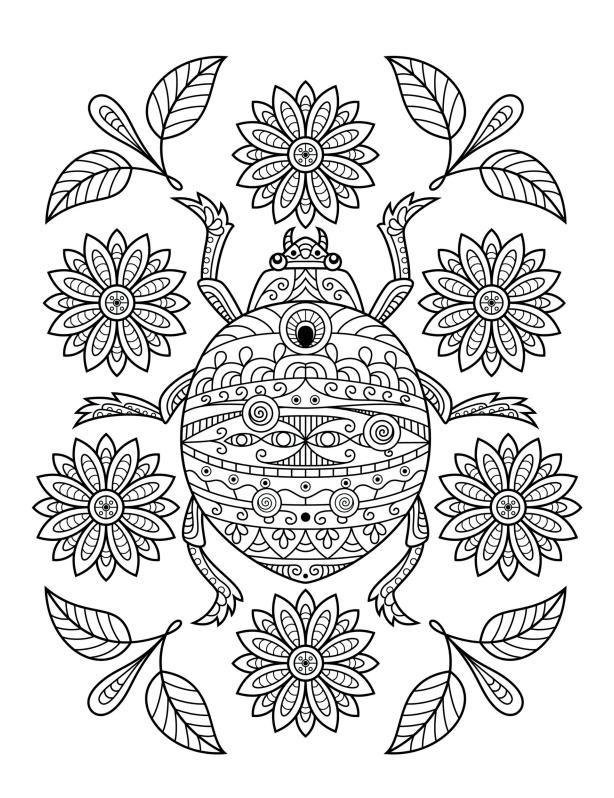
- [3] USA's Uncle
- [5] 1776 Break from Britain
- [9] USA birthday month
- [10] A joyous occasion
- [12] Emancipation

Down

- [1] Devoted to USA
- [2] Colorful explosion
- [4] Liberty
- [6] The statue of _____
- [7] _____ of independence
- [8] Ball Park Franks
- [11] Pitmaster's cooking style

Connect the Dots





SOLUTIONS

Trivia Answer: C

When you do remember your dreams, you might notice that there could be a common theme. Falling is the most common recurring dream people have.

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