

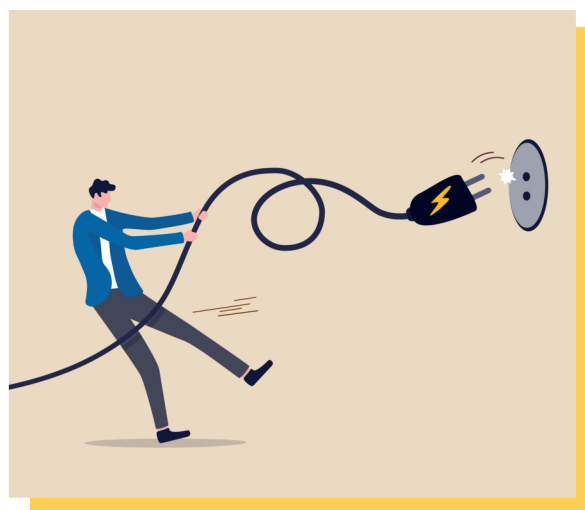
Daily Delight

WEDNESDAY • AUGUST 6 • 2025

National Fresh Breath Day

National Fresh Breath Day is a fun celebration to enhance our oral hygiene and prevent embarrassing moments due to bad breath. This day serves as a reminder to prioritize our dental health with a solid routine that includes brushing twice daily, flossing, and regular dentist visits.

Surprisingly, over 50% of mouth bacteria contribute to unpleasant breath, making effective oral care crucial. While mints and sugary gum may seem like quick fixes, they can worsen the problem. Instead, choose sugar-free options to keep your breath fresh without the negatives. So, let's embrace National Fresh Breath Day by committing to better dental habits, spreading awareness, and seeking help if needed for issues like halitosis!



Today in History



In 1939, the “Dinah Shore Show” aired for the 1st time on NBC-radio. As the top-charting American female vocalist of the 1940s, she was even more successful as a television host in the 1970s. TV Guide ranked Shore at number 16 on their list of the top 50 television stars of all time.

senior **living**
activity assistant
powered by **spectrio**



DID YOU KNOW?

Farmer's Almanac Still Knows

The Old Farmer's Almanac bases its forecasts on a formula by Robert B. Thomas, incorporating solar activity, climatology, and meteorology, along with teleconnections like El Niño. It has evolved with technology while staying true to its roots. The Farmers' Almanac, using a formula from 1818, focuses on solar and lunar activity, tidal patterns, and high-altitude winds. Both almanacs claim an 80% accuracy rate, despite the inherent unpredictability of weather forecasts.

TRIVIA

In what language did Anne Frank write her diary?

A Italian

B Dutch

C French

D Swedish

TODAY'S FUNNY

Why did the elephant cross the road?

To avoid the giraffic-jam!

TODAY'S WISDOM

"Actions prove who someone is, words just prove who they pretend to be."

- unknown

WORD SEARCH

ONLY ONCE!



One Hit

Wonder

Popularity

Lyrics

Radio

Listening

Moderate

Mainstream

Success

Once

Momentary

Musician

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

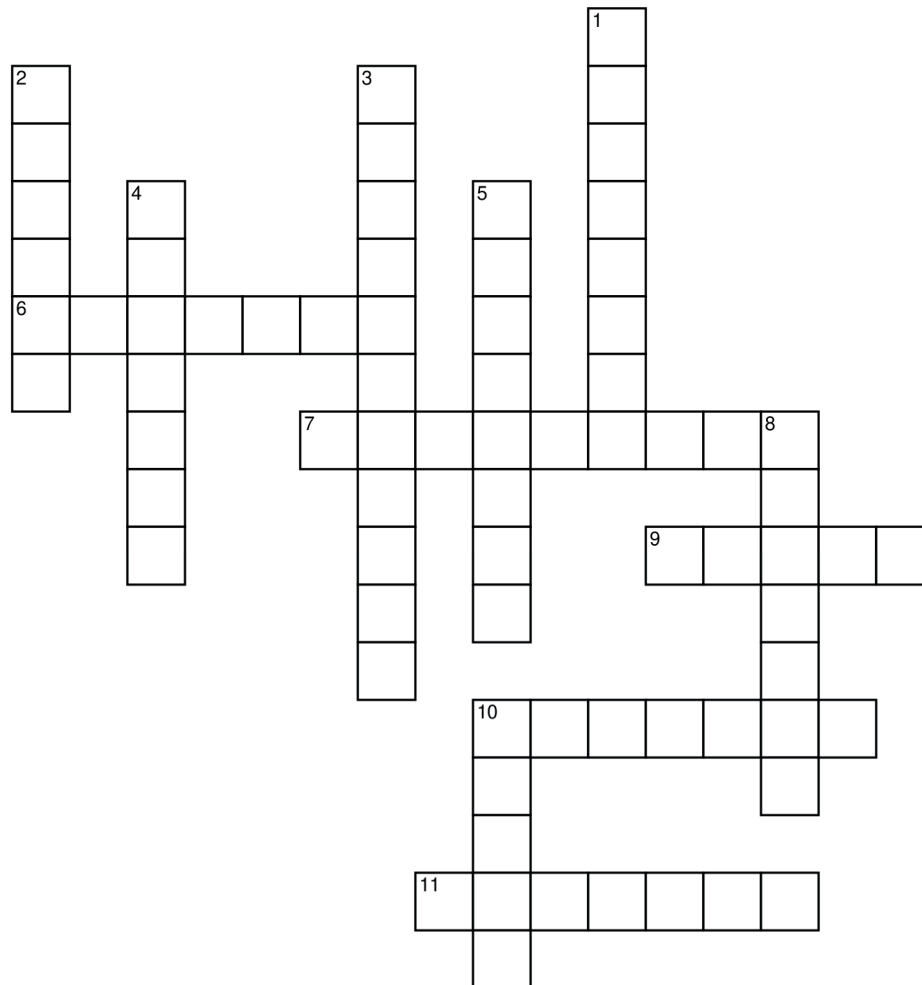
		9			3	2		
4	5	7	9		1	3		6
	3		4	8	7	5	9	
8		3	5			1	7	4
	4	1			6	8		5
	2	5			8	6		
6	1	2	7	3			5	8
	7	8	2	1	4	9		3
	9		8		5		1	

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

Hot and Spicy



Across

- [6]** Used in Ethiopian cooking
- [7]** Salsa ingredient
- [9]** Aromatic Indian stew spice
- [10]** Powdered cooking spice
- [11]** Frank topper

Down

- [1]** Dried smoked jalapeño pepper
- [2]** Sushi condiment
- [3]** Pungent root
- [4]** North African chili paste
- [5]** Hot Indian curry
- [8]** Fiery Mexican pepper
- [10]** Bayou cuisine

Spotlight Trivia

Summer Garden

1. Which of these is a summer vegetable often used in salads?

A. Carrot

B. Potato

C. Cucumber

D. Parsnip

2. What is the most common type of flower grown in summer gardens?

A. Tulip

B. Rose

C. Crocus

D. Iris

3. Which of these is a summer fruit that grows on vines?

A. Apple

B. Watermelon

C. Peach

D. Pear

4. What is the best time of day to water your garden?

A. Noon

B. Early morning

C. Late evening

D. Anytime

5. Which of these is a summer herb often used in cooking?

A. Rosemary

B. Basil

C. Thyme

D. Sage



SOLUTIONS

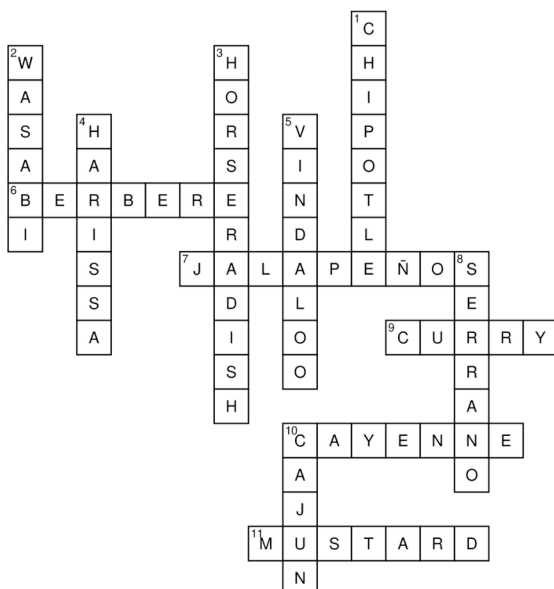
Trivia Answer: B

Anne started writing just two days after her 13th birthday, on June 14, 1942. Anne wrote in Dutch. On occasion, she used German or English words. It was one of the first items she packed.

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

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

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



Spotlight Trivia:

1. C
2. B
3. B
4. B
5. B