

Daily Delight

THURSDAY • AUGUST 21 • 2025

National Senior Day

National Senior Citizens Day honors our elderly population. President Ronald Reagan said on this August 21 holiday, “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by ensuring that our communities are good places to mature and grow older.” One does not automatically become too old to do things when he or she reaches social security age or retirement age.

Rather, many millions of seniors often do things they never had time for before retirement, such as travel, go biking, climb mountains, fly along zip lines, and do many other activities. The focus is to do as much as possible for as long as possible.



Today in History



In 1985, the film adaptation of John Pielmerier’s stage drama “Agnes of God” premiered. The movie starred Jane Fonda and Anne Bancroft, who was nominated for an Oscar. Bancroft is one of 24 actors to achieve the Triple Crown of Acting, an Oscar, an Emmy, and a Tony Award.

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activity assistant
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DID YOU KNOW?

Tattoos For Life

Tattoos are permanent not just because ink is embedded in the dermis, but due to a fascinating interaction with immune cells. When you get a tattoo, macrophages, a type of white blood cell, mistakenly attack the ink as if it were an infection. Even after these immune cells die, new macrophages continue to consume the remaining ink. This generational turnover allows tattoos to last for years, keeping them intact for a lifetime.

TRIVIA

What was Lieutenant Columbo's catchphrase in the show of the same name?

- A** "D'oh!"
- B** "How you doin'?"
- C** "Just one more thing"
- D** "Elementary"

TODAY'S FUNNY

Why was the little airplane sent to his hangar?

Bad altitude

TODAY'S WISDOM

"In times like these, it helps to recall that there have always been times like these."

- Paul Harvey

WORD SEARCH

FROZEN DINNERS!



Swanson

TV Dinner

Frozen

Easy

Oven

Convenient

Microwave

Popular

Fast

Meal

Dessert

Prepackaged

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.

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

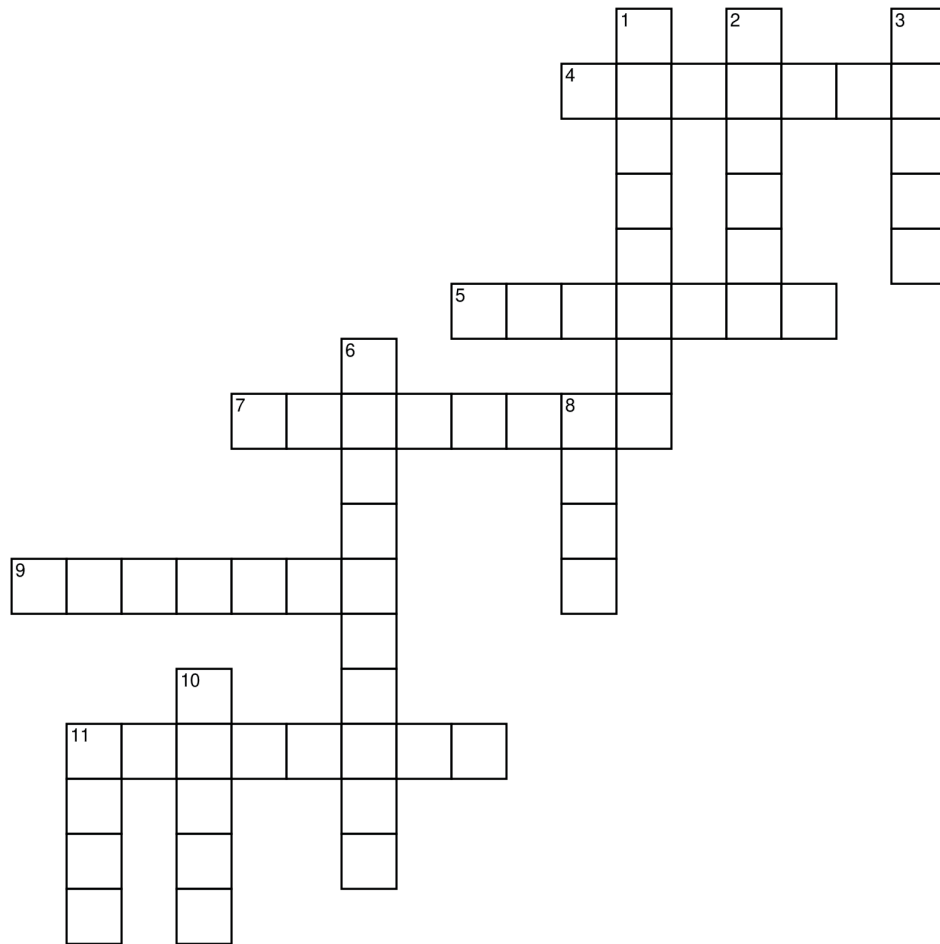
4	9	8	5	6	1			
1	2	3	8			9		6
	6		3	2	9	1	8	4
	7			9	8	5		1
9	1	6	7	5	2		4	8
	5	2		1	3		6	
	8	1	9	4	5	6		3
	3	9					1	
5	4	7	1	3		8	9	2

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

Reasons to Wear a Ring



Across

- [4] Healing
- [5] Faithfulness
- [7] Wedding
- [9] Pledge
- [11] Gene Autry's horse

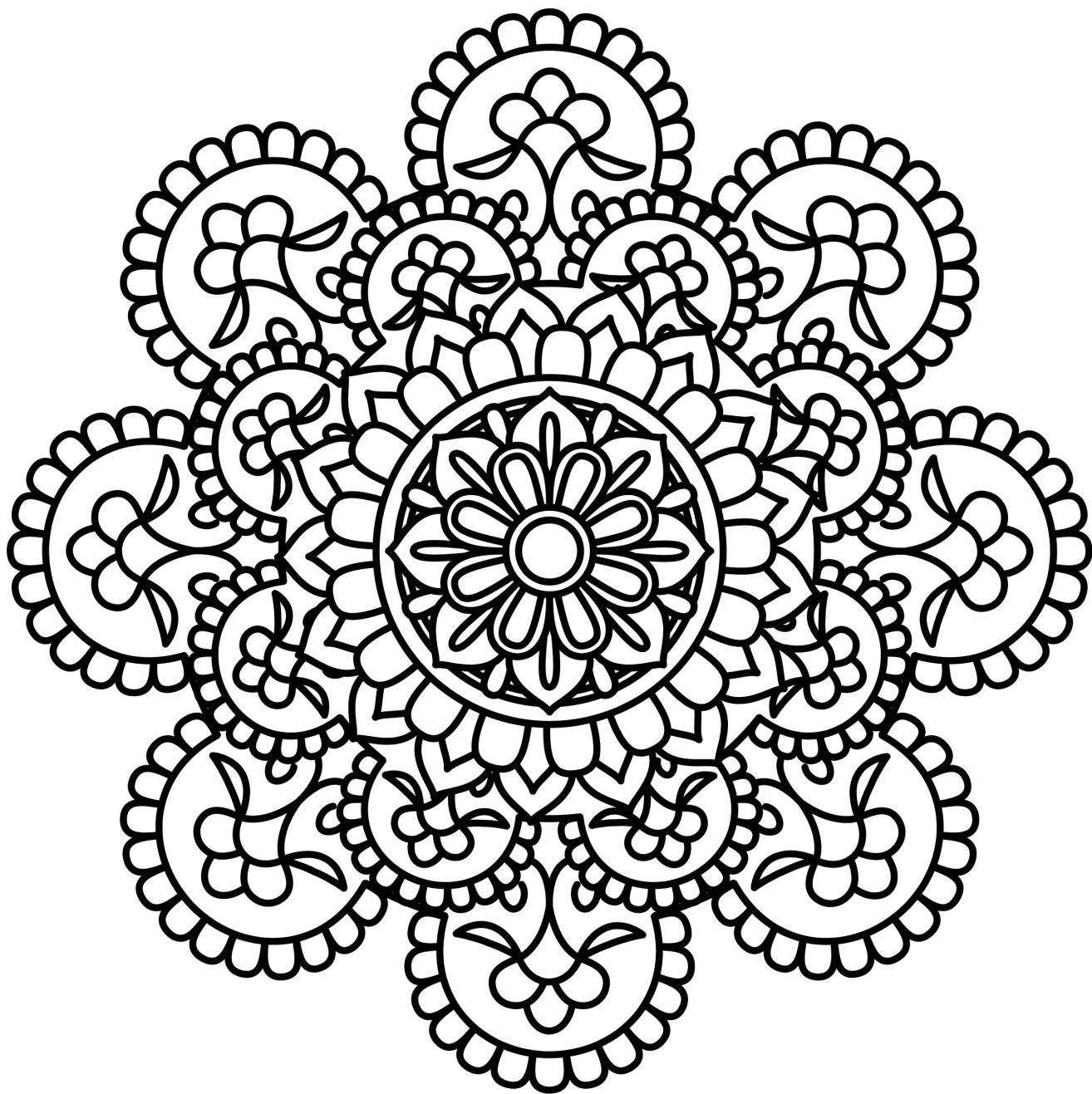
Down

- [1] Ancestry
- [2] Seal
- [3] Reunion group
- [6] Sunscreen's purpose
- [8] Present
- [10] Belief system
- [11] Masons e.g.

SEEK AND FIND

Find the hidden objects in the picture.





SOLUTIONS

Trivia Answer: C

Columbo was a crime drama television series starring Peter Falk. He often leaves a room only to return with the catchphrase "Just one more thing" to ask a critical question.

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

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

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

