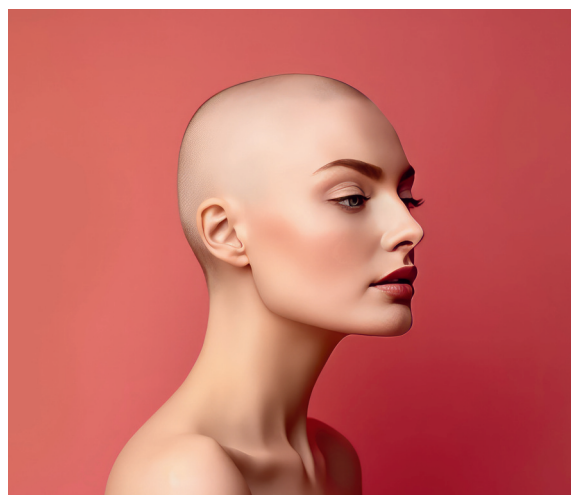


# Daily Delight

SATURDAY • SEPTEMBER 13 • 2025

## National National Bald is Beautiful Day

Let's Honor the hairless noggins on National Bald is Beautiful Day on September 13th! Being bald brings a beauty all its own, and it also comes with some convenience. The cost of hair products and haircuts is reduced. Additionally, reduced grooming time for those who find no more hair must be a relief. In all seriousness, though, hair loss can be stressful for both men and women. Whether the cause is illness, medication, family heritage or age, most people hope to keep their hair for as long as possible. Facing it head-on by taking off what once might have been a mantle of glory takes courage. In addition to ditching hats and scarves for a day, you can also celebrate by complimenting a friend who wears their baldness proudly or supporting someone struggling with hair loss.



## Today in History



In 1991, Joe Carter became the first baseball player with 3 consecutive 100 RBI seasons with 3 different teams: the Cleveland Indians, the San Diego Padres, and the Toronto Blue Jays. He is most famous for hitting a walk-off home run to win the 1993 World Series for the Blue Jays.

senior **living**  
activity assistant

powered by **spectrio**



## DID YOU KNOW? Elbows are Just Fine

Good news for those who struggle to keep their elbows off the table! Originally, this rule aimed to keep elbows clean and prevent slouching, but many experts now consider it outdated, especially when the table isn't set. The Emily Post Institute advises against elbows on the table during meals, but it's acceptable between courses. Generally, resting elbows on the table is fine before and after eating, though caution is advised to avoid messy sleeves.

## TRIVIA

How many presidents have graduated from Harvard University?

**A** Eight

**B** Five

**C** Eleven

**D** Two

## TODAY'S FUNNY

I asked the librarian if the library had any books on paranoia.

*She whispered, "They're right behind you!"*

## TODAY'S WISDOM

*"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity."*

*- Lewis Grizzard*

# WORD SEARCH

## MUSICAL INSTRUMENTS



Piano

Guitar

Drums

Violin

Trumpet

Flute

Cello

Bass

Clarinet

Harp

Organ

Trombone

# 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.

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

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

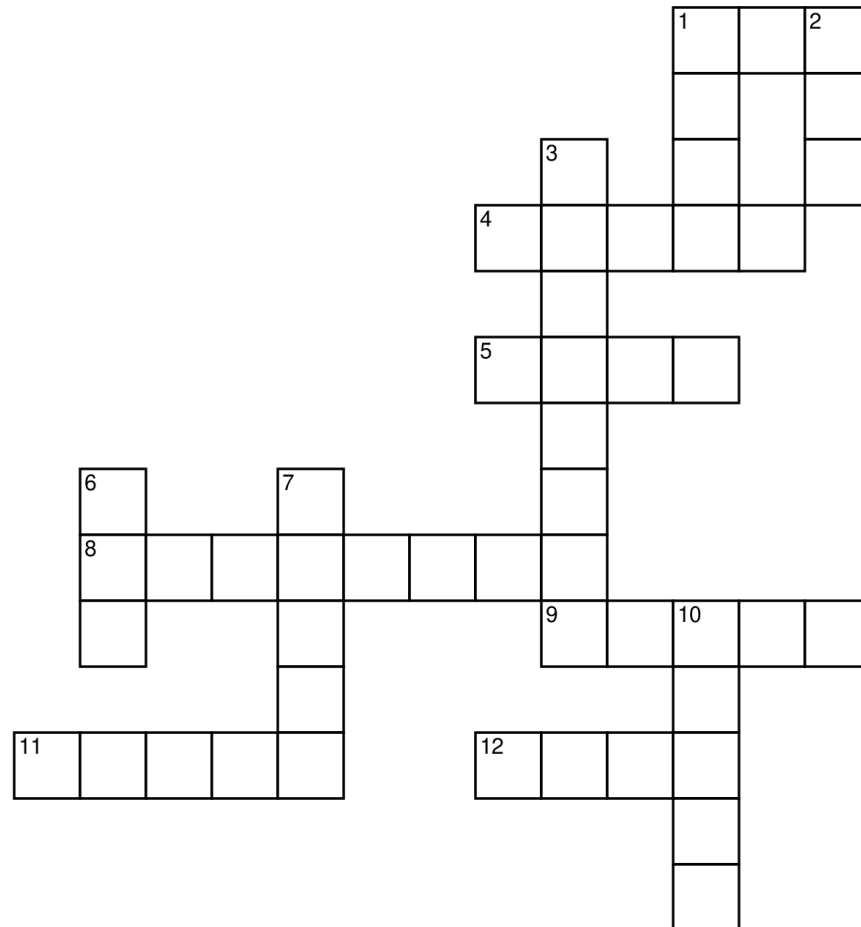
## Helpful Tip:

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

## STICKY THINGS



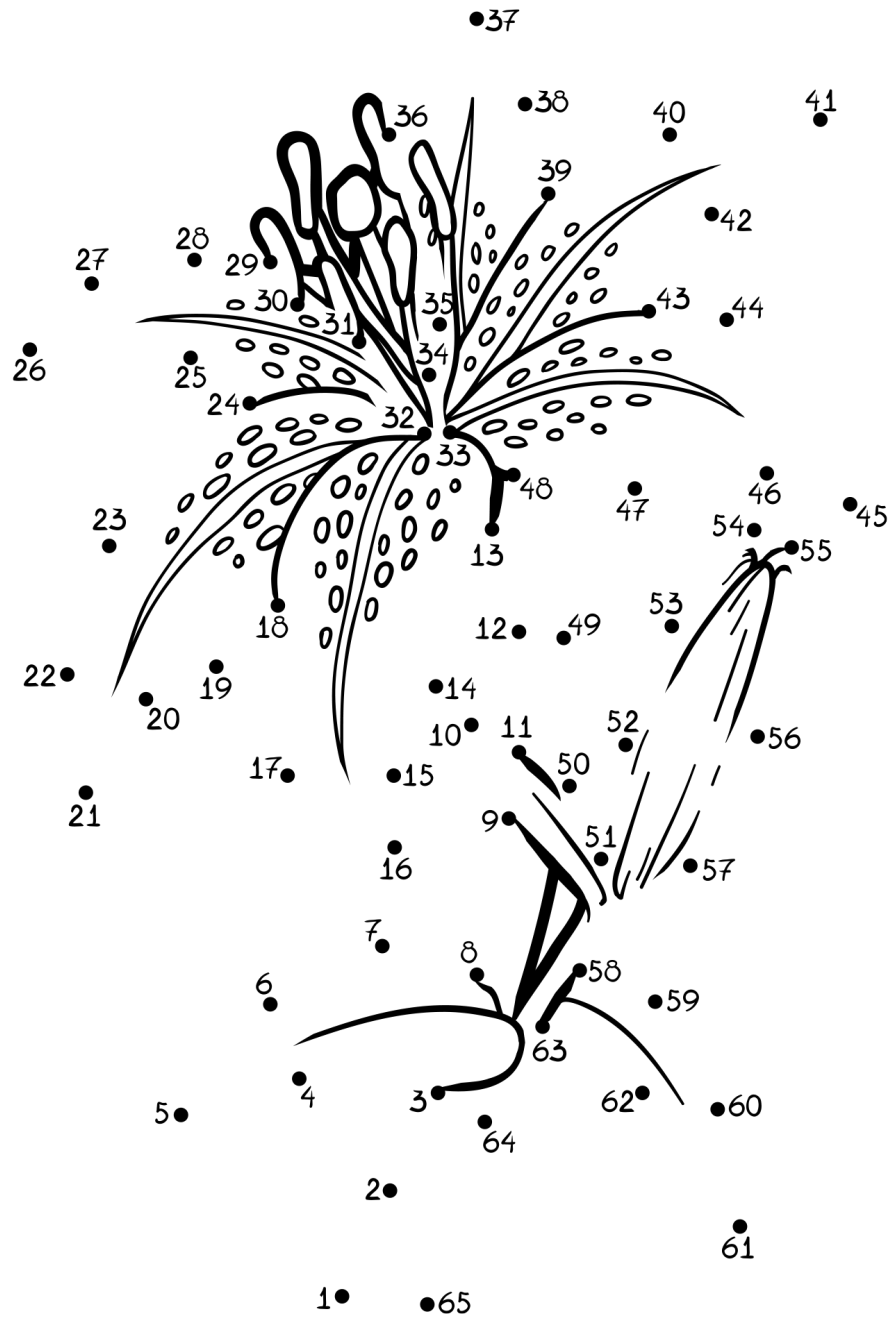
### Across

- [1] Wrigley product
- [4] Fly catcher
- [5] Attach, in a way
- [8] Makes it sticky
- [9] Waffle topper
- [11] Salt water \_\_\_\_\_
- [12] Spider's creation

### Down

- [1] Kindergartener's staple
- [2] Wet earth
- [3] Shoofly pie ingredient
- [6] Syrup source
- [7] Kind of bean
- [10] Tree sap

# Connect the Dots





# SOLUTIONS

## Trivia Answer: A

Eight U.S. presidents went to Harvard. Harvard takes first place when it comes to which university claims the most U.S. presidents as alumni.

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

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

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

