

Daily Delight

WEDNESDAY • OCTOBER 1 • 2025

International Day for The Elderly

Designated in 1990 by the United Nations General Assembly, October 1st was declared the International Day for the Elderly. This day was established following the UN World Assembly on Aging and is dedicated to honoring, respecting, and caring for the world's elderly. According to the United Nations, "one of every 10 people is now 60 or older."

The purpose of this day is to raise awareness of the value of senior persons in our society and to show our appreciation for their contributions. As leaders in society, seniors carry a great deal of responsibility. They also pass on knowledge to the new generation and uphold the traditions and culture of society. So show some love to the elderly people in your life.



Today in History



In 1868, "Little Women" by Louisa May Alcott was published in the U.S. It, along with the sequels, "Little Men" and "Jo's Boys", were semi-autobiographical. The daughter of a transcendentalist, Alcott was also a feminist and an abolitionist, reflecting her views in her writing.

senior **living**
activity assistant

powered by **spectrio**



DID YOU KNOW?

Black, Jewish, and Blue Notes

The Jewish Karnowski family immigrated from Lithuania and took in a 7-year-old boy. They offered him kindness and support, giving him money for his first instrument. He grew up to be a professional musician and composer, incorporating Jewish melodies into works like "Saint James Infirmary" and "Go Down Moses". In 1907, he wrote about his adoptive family and, fluent in Yiddish, wore the Star of David throughout his life. That young boy was Louis Armstrong.

TRIVIA

Which canned soup brand popularized the green bean casserole?

- A** Amy's
- B** Progresso
- C** SPAM
- D** Campbell's

TODAY'S FUNNY

Clerk: Did you find everything okay?

My dad: Why? What are you hiding?

TODAY'S WISDOM

"The afternoon knows what the morning never suspected."
- Robert Frost

WORD SEARCH

WIZARDS AND WITCHES



Cauldron

Enchantress

Magic

Spell

Staff

Charm

Hag

Potions

Crone

Hex

Powers

Wand

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.

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

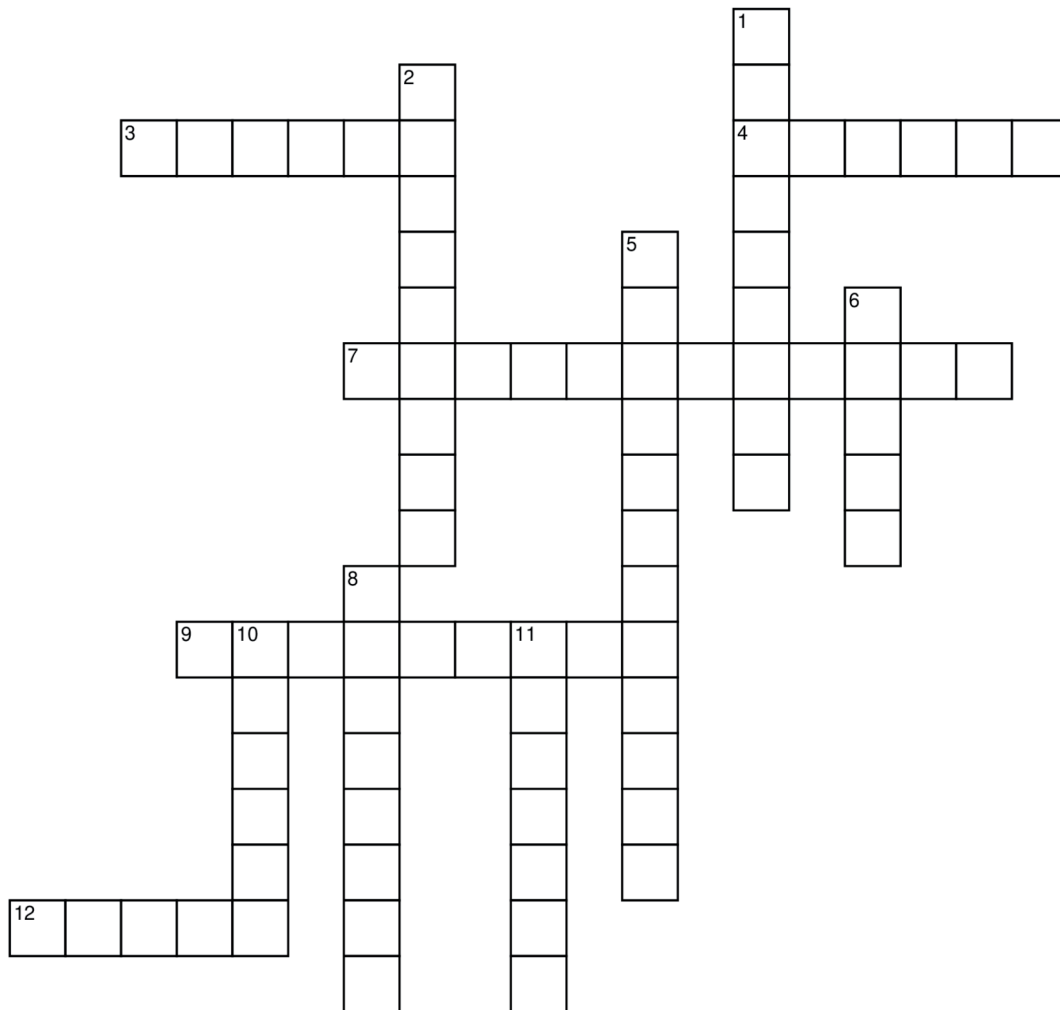
2	3	6	9	8	5			4
7	1		6			8	2	
9		4		2		3	6	
		8		1	9	6		
3		1	4	6	2	5		8
4	6	9			7			
	5		2	9			8	
				7	6	9		3
		3		4		7	5	

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

Halloween Movies



Across

- [3] Hitchcock classic
- [4] Sissy Spacek role
- [7] Young ____
- [9] Best friend is Shaggy
- [12] Star of the Exorcist, Linda

Down

- [1] Star of "The Shining"
- [2] Silent vampire film
- [5] Ichabod Crane
- [6] Site of a chainsaw massacre
- [8] Mia Farrow role
- [10] Known as the friendly ghost
- [11] Based on Vlad the Impaler

Spotlight Trivia

Cultures

1. The festival known as Día de los Muertos, or 'Day of the Dead,' is a vibrant celebration to honor deceased loved ones. This tradition is most famously associated with which country?

- A. Spain
- B. Brazil
- C. Mexico
- D. Argentina

2. In Thailand, the traditional greeting is known as the 'wai'. What does this gesture typically involve?

- A. A firm handshake
- B. A slight bow with palms pressed together
- C. Kissing both cheeks
- D. Sticking out the tongue

3. The Haka is a ceremonial dance or challenge in Māori culture, famously performed by New Zealand's national rugby team. What is the primary purpose of the Haka?

- A. To celebrate a harvest
- B. To show respect, welcome guests, or intimidate opponents
- C. To Mourn the passing of an elder
- D. To ask for rain during a drought

4. Kimchi, a staple in its national cuisine, is a traditional side dish made from salted and fermented vegetables, most commonly napa cabbage and Korean radishes. Kimchi is from which country?

- A. Japan
- B. Vietnam
- C. China
- D. Korea

5. The ancient city of Petra, a breathtaking archaeological site famous for its rock-cut architecture, is located in which modern-day country?

- A. Egypt
 - B. Greece
 - C. Jordan
 - D. Turkey
-



SOLUTIONS

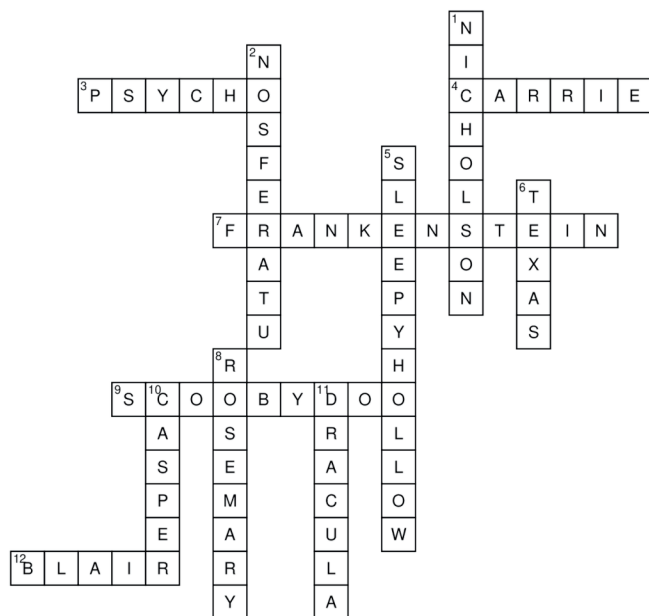
Trivia Answer: D

Popularized from a recipe created in 1955 by Dorcas Reilly at the Campbell Soup Company and printed on a soup can, the company estimates that 40% of all cream of mushroom soup goes into a version of the dish.



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

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



Spotlight Trivia:

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