

# Daily Delight

TUESDAY • DECEMBER 30 • 2025

## National Resolution Planning Day

If you finished your to-do list yesterday but forgot to plan your resolutions for the new year, you're in luck. Today is National Resolution Planning Day, so you can spend some time today thinking about your goals for next year and planning out how you'll accomplish them! Created in 2017 as a way to reflect on the past year, identify goals for the future, and create a plan of action, National Resolution Planning Day is also a great way to bring friends and family together to support each other in working towards their dreams. Just because only 10% of people are successful at keeping their New Year's resolutions doesn't mean you shouldn't try. Plan your resolutions for the new year today!



## Today in History



In 1981, Stevie Wonder released his single "That Girl," which won Billboard Song of the Year in 1982. Wonder was a child prodigy and signed with Motown Records when he was 11 years old. He's won 25 Grammy Awards and was inducted into the Rock and Roll Hall of Fame in 1989.

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activity assistant  
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## DID YOU KNOW? Fourteen Sleeps 'til Payday

Did you know the word "fortnight" is a linguistic survivor from Old English that literally means "fourteen nights"? Though rarely heard in the United States, the term is still commonly used in Great Britain and other former British colonies to refer to a period of two weeks. It frequently pops up when people discuss their pay schedules, vacations, or biweekly occurrences.

## TRIVIA

Who hosted "America's Next Top Model?"

**A** Pauline Porizkova

**B** Twiggy

**C** Tyra Banks

**D** Janice Dickinson

## TODAY'S FUNNY

Why did the basketball player love gingerbread cookies so much?

*He loved to dunk them!*

## TODAY'S WISDOM

*"December teaches us that endings are just beginnings in disguise."*

*- Madeleine L'Engle*

# WORD SEARCH

## Winter Animals



Bear

Reindeer

Penguin

Polar

Arctic

Fox

Owl

Deer

Wolf

Snowshoe

Rabbit

Squirrels

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

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

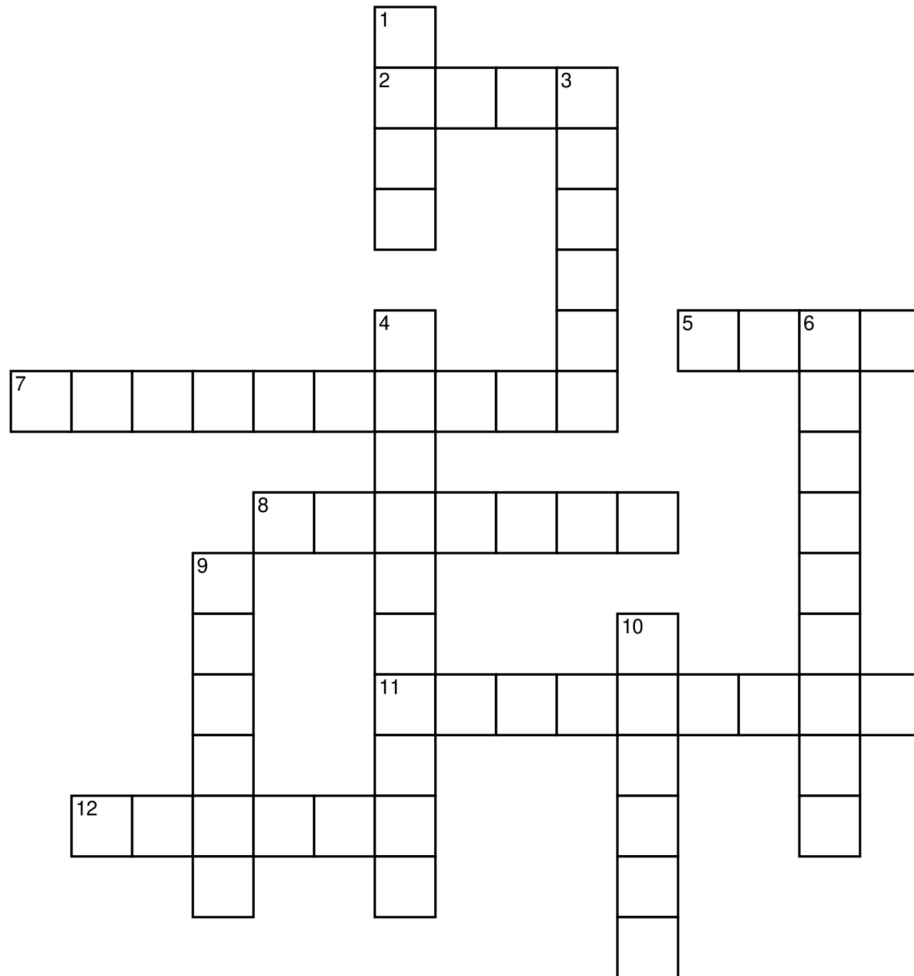
## Helpful Tip:

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.



# CROSSWORD

## Items in a Refrigerator



### Across

- [2] Oval-shaped food product
- [5] Calcium-rich drink
- [7] Sauces or seasonings
- [8] Smooth coffee enhancer
- [11] Liquid refreshments
- [12] Fermented milk product

### Down

- [1] Source of protein
- [3] Flavorful food accompaniments
- [4] Healthy plant foods
- [6] Remnants of a meal
- [9] Made by churning cream
- [10] Sweet, edible plant products

# CONVERSATION STARTERS

**Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.**

Do you enjoy watching the Olympics? Do you prefer Winter or Summer Olympics? Do you have a favorite Olympic sport?

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Did you play sports when you were younger? What did you play and did you enjoy it? Is there a sport you wish you had played?

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What is your favorite sports team? Are they a professional team or a collegiate team? Why are they your favorite?

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# SOLUTIONS

## Trivia Answer: C

Tyra, who was famous for being a "Victoria's Secret" model, began the show in 2003.

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

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

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

