

# Daily Delight

**SATURDAY • JANUARY 31 • 2026**

## **Inspire Your Heart With Art Day**

Always observed on January 31st, Inspire Your Heart With Art Day encourages us to ponder how art affects our hearts and to explore the many genres of art, including ones we may not have encountered before. Art is valued and appreciated for all sorts of reasons. Of the broad spectrum of art created in the world, the pieces that move us to tears, give us pause to think about injustice, or cause us to burst out into joyous laughter remain with us for a lifetime. Whether we are touched by music, mesmerized by dance, or feel as though we see into an artist's soul through their work, art has the power to change us, to inspire our hearts. Today's a great day to listen to music, go to a museum, read, or best of all, create something new on your own or with family or friends. Art is best as a shared experience, after all.



## **Today in History**



In 1977, Joe Sewell, Amos Rusie, and Al López were elected to the Baseball Hall of Fame. López was a Spanish-American catcher who went by the nickname "El Señor." He played for 4 different teams over the course of his career, and he was a two-time All-Star for his defensive skills.

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



## DID YOU KNOW?

### What Happens to the Tree?

What happens to the Rockefeller Center Christmas tree after the holidays? Rockefeller Center usually selects a Norway spruce as its holiday showstopper. Once the trees come down, the trunks are milled into two-by-four and two-by-six beams that Tishman Speyer donates to Habitat for Humanity and uses to build homes. The lumber is stamped with a Rockefeller Center logo and the year.

## TRIVIA

Who was the first British woman to fly solo round the world in 1966?

- A** Sheila Scott
- B** Amelia Earhart
- C** Mary Poppins
- D** Sally Bowles

## TODAY'S FUNNY

What do you call a group of berries playing instruments?

*A jam session!*

## TODAY'S WISDOM

*“Love is just a word until someone comes along and gives it meaning.”*  
- Paulo Coelho

# WORD SEARCH

## The Amazons



Basin

Bolivia

Brazil

Canopy

Colombia

Dolphin

Ecuador

Guyana

Jaguar

Macaw

Monkey

Orchids

# 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.

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

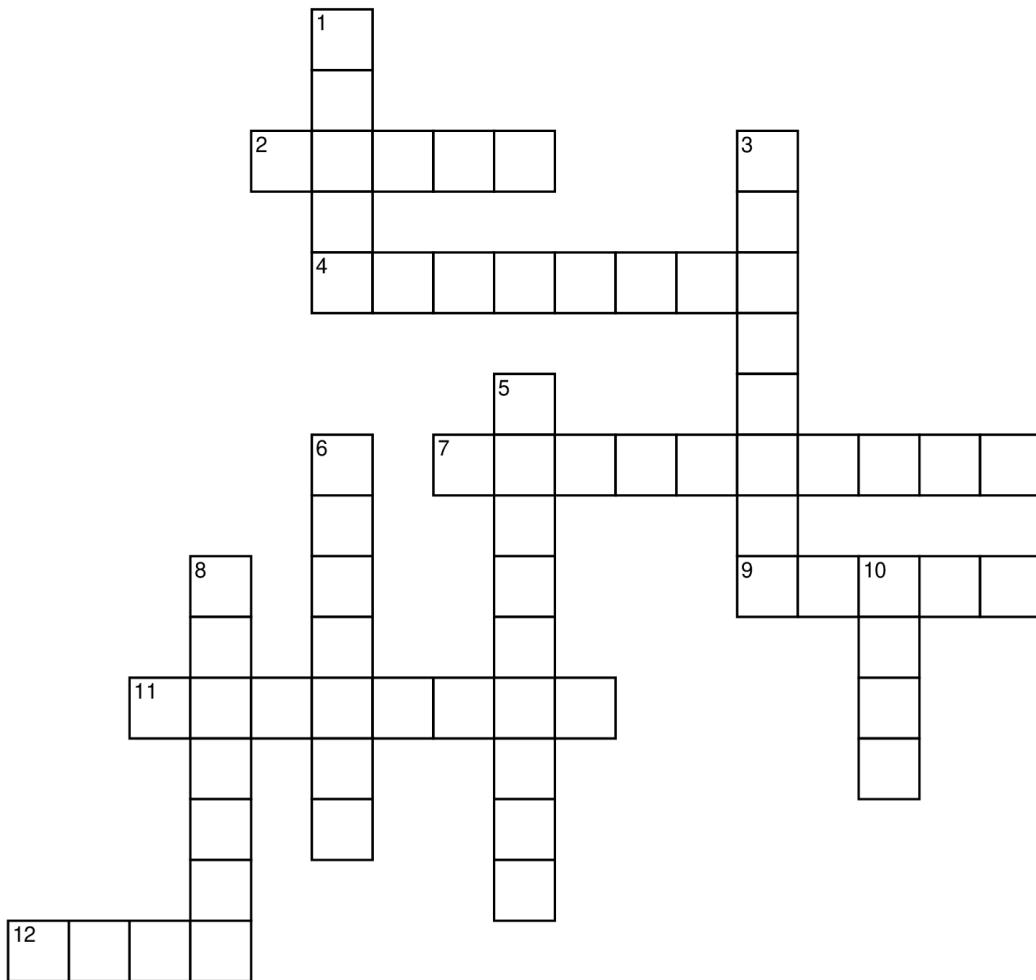
	8			1		4		
9				8	6		5	3
	4	6			2			7
	1				3		9	5
7				6		3		2
2	3					8	6	
				5	9		7	
4		7			8		3	
3						5	1	8

## 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

## Board Games



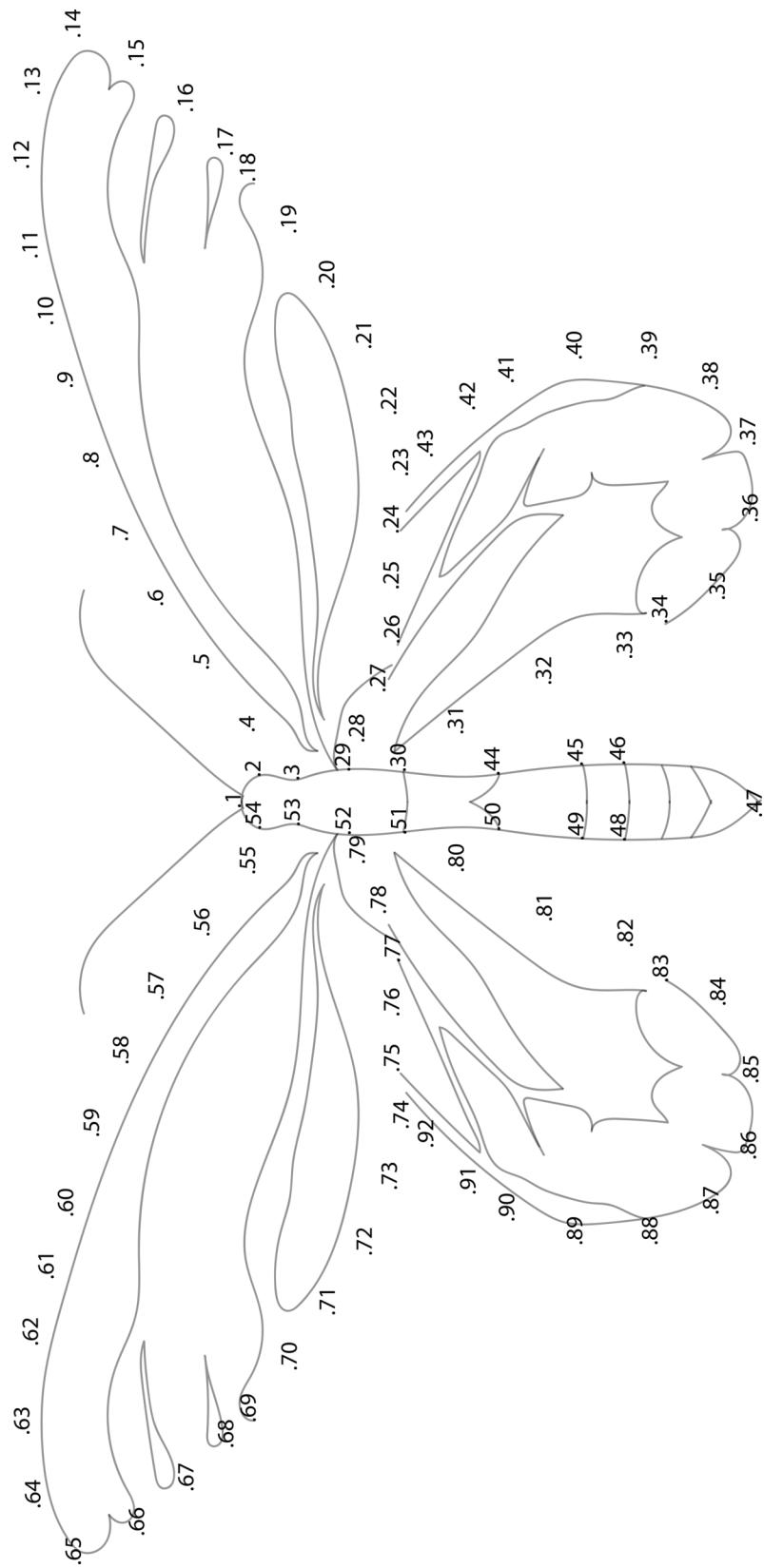
### Across

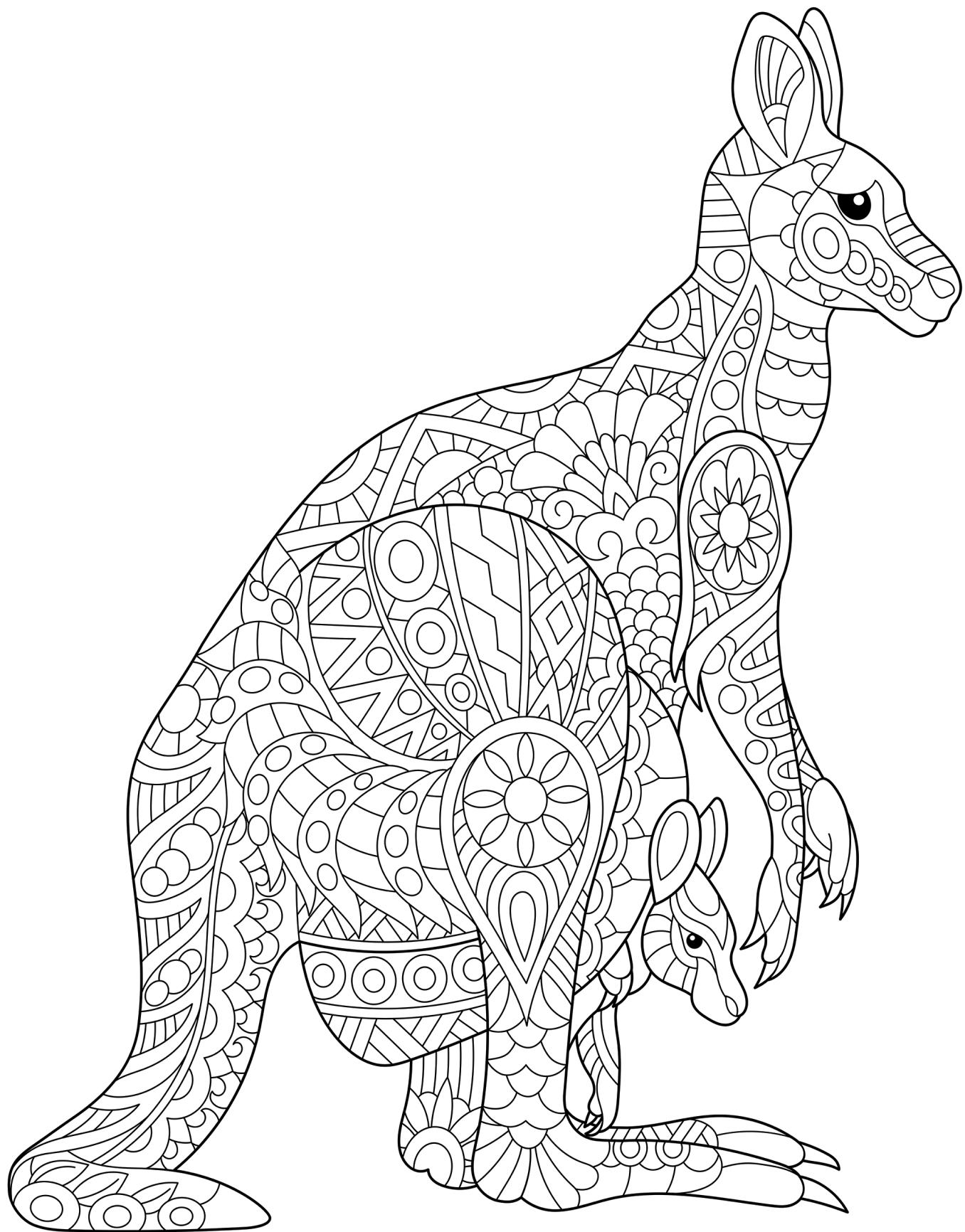
- [2] Block stacking game
- [4] Word game
- [7] Large naval war vessel
- [9] Game of pawns trying to get home
- [11] Real estate game
- [12] Whodunit mystery game

### Down

- [1] Game involving kings, queens
- [3] Nixon's spaniel
- [5] Preschoolers board game
- [6] Chinese tile game
- [8] Hot Water
- [10] Game of chance

# CONNECT THE DOTS





# SOLUTIONS

## Trivia Answer: A.

Sheila Scott broke many records in aviation and was the first person to fly solo over the North Pole.



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

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

