

Daily Delight

SUNDAY • JANUARY 18 • 2026

Winnie the Pooh Day

National Winnie the Pooh Day on January 18th commemorates author A.A. Milne's birthday in 1882. He brought the adorable, honey-loving bear to life in his stories, which also featured his son, Christopher Robin. Milne's lovable Pooh Bear, as he was fondly called, is a fictional bear inspired by a real black bear named Winnie. Winnie lived at the London Zoo during World War I. The author's son, Christopher Robin, would visit the bear often and named his own teddy bear after her and a swan named Pooh. At any age, there's great wisdom and memories contained in the series of books, which have been translated into more than 50 languages and have spawned much discussion and study. And, of course, the Walt Disney Company turned "Winnie the Pooh" into an animated feature, bringing the delightful characters to millions more.



Today in History



In 1944, Louis Armstrong, Billie Holiday, and Benny Goodman were among the performers at the first jazz concert at the Metropolitan Opera House in New York City. The concert resulted from a reader's poll for Esquire magazine, where readers voted in different categories of jazz.

senior **living**
activity assistant

powered by **spectrio**



DID YOU KNOW?

Art of Punctuation

Did you know that the dot on top of a lowercase 'i' is called a tittle? The word "tittle" refers to any small mark or item, and it is mentioned in Mark's Gospel in the Bible: "...till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled" (Ch. 5, v. 18). This interesting fact adds a unique layer of meaning to something as simple as a punctuation mark.

TRIVIA

Which movie features the character Jack Dawson?

A The Great Gatsby

B Titanic

C Romeo and Juliet

D A Walk to Remember

TODAY'S FUNNY

Why did the invisible man turn down the job offer?

He couldn't see himself doing it!

TODAY'S WISDOM

"Truth springs from argument amongst friends."

- David Hume

WORD SEARCH

A Calming Puzzle



Calm

Ease

Exhale

Inhale

Meditation

Peace

Quiet

Reflection

Relaxation

Serenity

Silence

Stillness

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

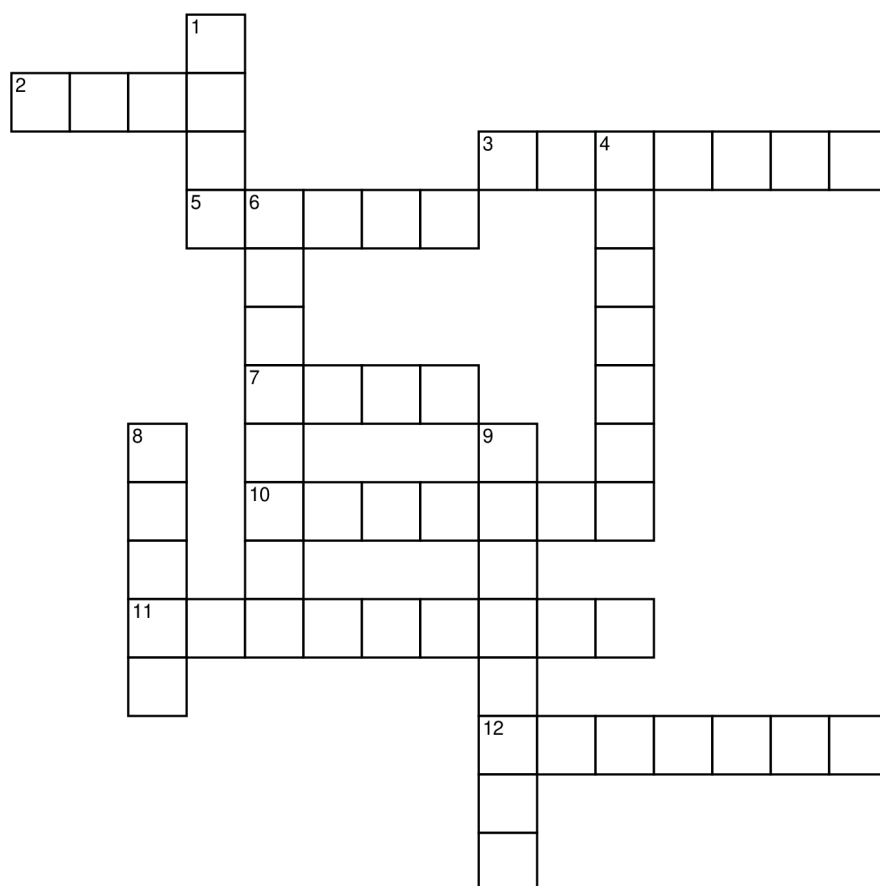
		6		7	1	4	2	
8	4						9	
2	9	1				5	7	3
4	8		7	9	2		3	1
9					5	8	4	7
7		3	1		4		5	2
5	7		3	1		2	6	9
1						3	8	
			2		9		1	

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

Food for Thought



Across

- [2]** Folded Mexican entree
- [3]** Small baked confection
- [5]** Chicago or New York styles. Detroit's is square
- [7]** Celebratory slice
- [10]** Chinese appetizer
- [11]** Wimpy would pay you Tuesday for one of these
- [12]** Pasta in chicken soup

Down

- [1]** Good for a cold or the soul
- [4]** Knot-shaped snack
- [6]** I scream, you scream, we all scream for
- [8]** A Japanese roll
- [9]** Ring shaped deep-fried treat

Test Your Knowledge

How many European countries can you identify?





SOLUTIONS

Trivia Answer: B. Titanic

In the scene where Jack draws Rose, the hands belong to James Cameron, who is a talented sketcher. Many drawings in Jack's sketchbook were also created by Cameron himself.

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

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

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

