

# Daily Delight

SUNDAY • JANUARY 25 • 2026

## National Opposite Day

Good morning, or is it a good night? Hello, or is it goodbye? Do opposites attract? Or do they confound? Day Opposite National on January 25th celebrates a fun day of switcher-roos. The aim of the day is to have fun all day long, saying exactly the opposite of what you really mean. Here are some ideas on how to celebrate “Oppositism”: Read about the North and South Poles. Express opposite emotions like sad and happy, excited and disappointed. Experiment with opposite flavors. Taste sour and sweet, spicy and bland. What's the opposite of bitter? Play with opposite sounds. Whisper, then shout. Cry, then laugh. This day has kids rejoicing everywhere. It is also a wonderful day for adults to play along and break out of the winter blues. Maybe we should have dinner for breakfast and breakfast for dinner! Not a great idea? Maybe it is!



## Today in History



In 1924, the first Winter Olympic Games took place in the French Alps. The athletic festival was held in Chamonix, France, and took place January 25-February 5. 250 (11 female) athletes represented 16 countries and competed in 16 events.

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



## DID YOU KNOW?

### Seeing Blue

Until modern times, humans may not have been able to see the color blue. The first society to have a word for the color blue was the Egyptians, who were the only culture that could produce blue dyes. An experiment with the Himba tribe from Namibia, who have no word for blue, showed that they struggled to identify the color. This suggests that our ancestors may not have been able to see blue until they had a word for it.

## TRIVIA

What investment strategy is Warren Buffett known for?

- A** Day trading
- B** Value investing
- C** Cryptocurrency speculation
- D** Forex trading

## TODAY'S FUNNY

What did the buffalo say when his little boy left for school?

*Bison!*

## TODAY'S WISDOM

*"Happiness is not an ideal of reason but of imagination."*

- Immanuel Kant

## WORD SEARCH

### Midsummer Night Dream



Athens

Comedy

Fairies

Hermia

Helena

Oberon

Play

Puck

Theseus

Thisbe

Titania

Woods

# 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.

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

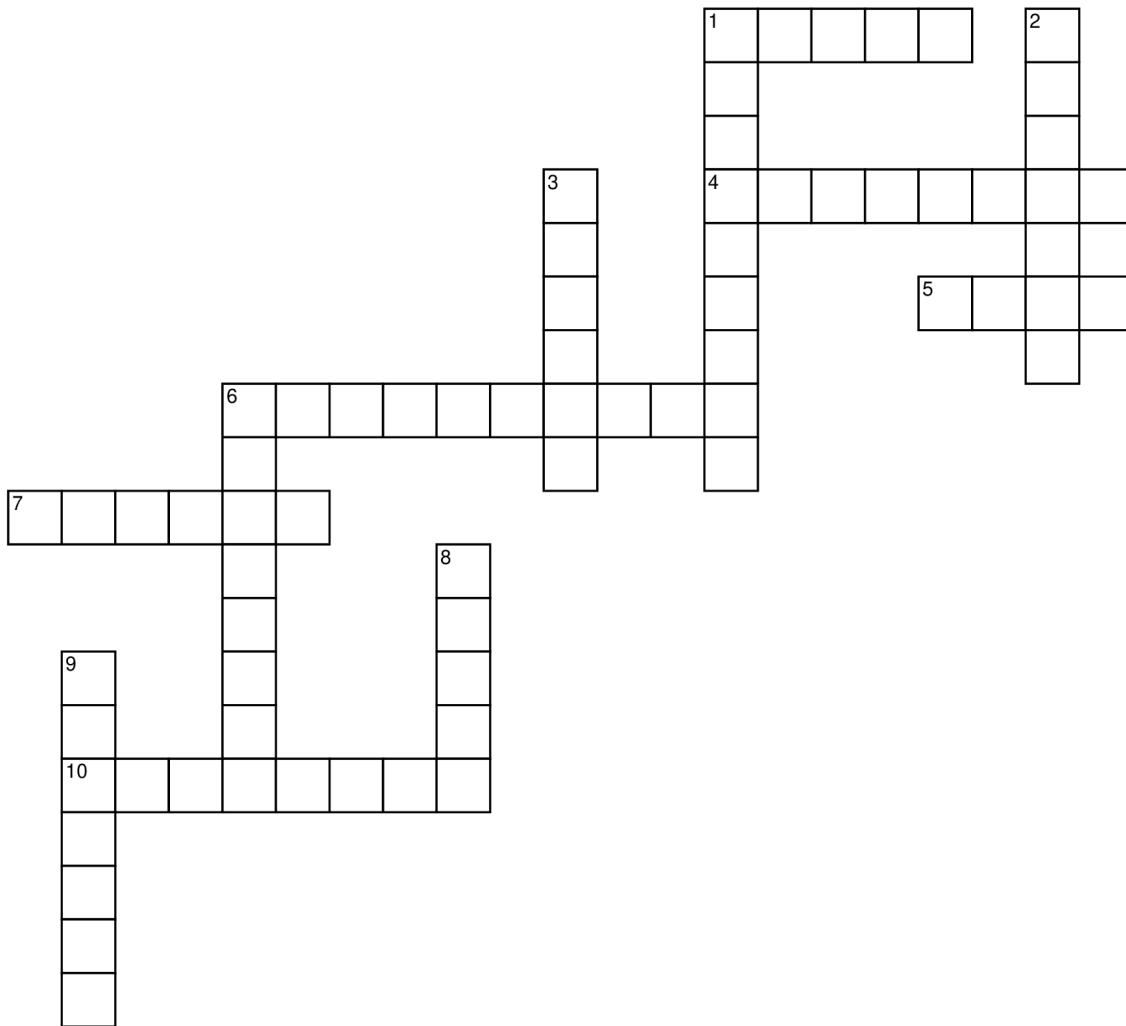
6			4	3	7	5		
7		2	9		5		1	
		9		1				3
	9					1	5	
8		1	7			2	3	9
3	7		2			8		6
			5	7	9		2	1
			3	4				
			1		6	3		

## 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

## Munchies!



### Across

- [1] Sweet treat
- [4] Charcuterie board member
- [5] Pecan or walnuts e.g.
- [6] Raisins or prunes
- [7] Chickpea spread
- [10] Ballpark favorite

### Down

- [1] Sweet treat made from cacao beans
- [2] Rabbit food
- [3] In a Waldorf salad
- [6] I'll take a dozen
- [8] Poker money
- [9] Movie treat

## Test Your Knowledge

**Solve the questions below to test your knowledge and give your brain a workout!**

Steel or steal? Which word can fill in the blank in this sentence?

John works for a company that makes \_\_\_\_\_.

The \$120 jacket that Kelly has been eyeing from her favorite store is currently on a 25% off sale. What would the price of the jacket be after taking 25% off?

In what country is the dormant volcano Mount Ararat found?

- A. Turkey
- B. Italy
- C. U.S.A.
- D. Egypt

Three trains pulled into the station at 3 p.m. The Menton train had 2,589 passengers. The Reston train had 671 passengers. The Pearson City train had 1,024 passengers. How many passengers were there altogether?



# SOLUTIONS

## Trivia Answer: B.

Buffett looks at companies as a whole rather than on the value a company provides. "Price is what you pay; value is what you get."



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

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

## Answer: steel

Steel is a type of metal. To *steal* is to take something that isn't yours.

## Answer: A. Turkey

Fun fact: With an elevation of nearly 17,000 ft, it is Turkey's highest peak.

## Answer: \$90

25% is the same as  $1/4$ , so if you divide 120 by 4, you'll find that 25% is \$30. You could also multiply 120 by 0.25 to find that number. Next, subtract \$30 from \$120 and you get \$90.

## Answer: 4,824

To find this answer, we just need to add up the number of passengers from all 3 trains.

$$\begin{aligned}
 & 2,589 \\
 & +671 \\
 & +1,024 \\
 & \hline
 & =4,284
 \end{aligned}$$

