

# Daily Delight

TUESDAY • JANUARY 06 • 2026

## National Cuddle Up Day

January typically has some of the coldest days of the year, so what better way to stay warm and reap the health benefits of cuddling on National Cuddle Up Day? Whether it's a three-dog night (a night so cold it takes three dogs to cuddle up with to stay warm) or only slightly chilly, there are multiple benefits to cuddling with a human or canine, or other pet. Cuddling releases oxytocin. Besides giving us warm and fuzzy feelings, oxytocin reduces pain. It also helps reduce heart disease, lowers blood pressure, stress, and anxiety. Physical touch also communicates trust, commitment, safety, and reassurance. These are vital to a healthy relationship. So, if you have a person, pet, or thing to cuddle with, take stock in how you feel before—and after—the cuddle.



## Today in History



In 1991, “Real Life With Jane Pauley” premiered on NBC-TV. Pauley started her news career in 1972 on “Today”. From 1992-2003, she co-anchored “Dateline NBC”. After leaving the network, Pauley hosted a syndicated daytime talk show and then returned to the “Today Show”.

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



## DID YOU KNOW?

### From Critique to Praise: The Journey of "David"

In 1504, Michelangelo's "David" faced criticism for its nose from Pier Soderini, a Florentine patron. To avoid changing his masterpiece, Michelangelo pretended to make adjustments while secretly dropping marble dust and small fragments. Spectators believed the nose had been modified, leading Soderini to declare the statue perfect after the "change." "David" remains a symbol of Florence and a testament to Michelangelo's genius, needing no artistic advice.

## TRIVIA

Who was the first American to win a Nobel Prize in Literature, awarded in 1930 for his novel *Babbitt*?

- A** John Steinbeck
- B** Ernest Hemingway
- C** William Faulkner
- D** Sinclair Lewis

## TODAY'S FUNNY

If you took an apple from a pile of three apples, how many apples would you have?

*The one apple you took*

## TODAY'S WISDOM

*"You have to take the time to be a good person  
and to love other people."*

- Terry Crews

# WORD SEARCH

## Technology Speaking



Digital

Electronic

Modern

Laptop

Smartphone

Screen

Software

Internet

Future

Cyber

Virtual

Robotic

# 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.

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

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

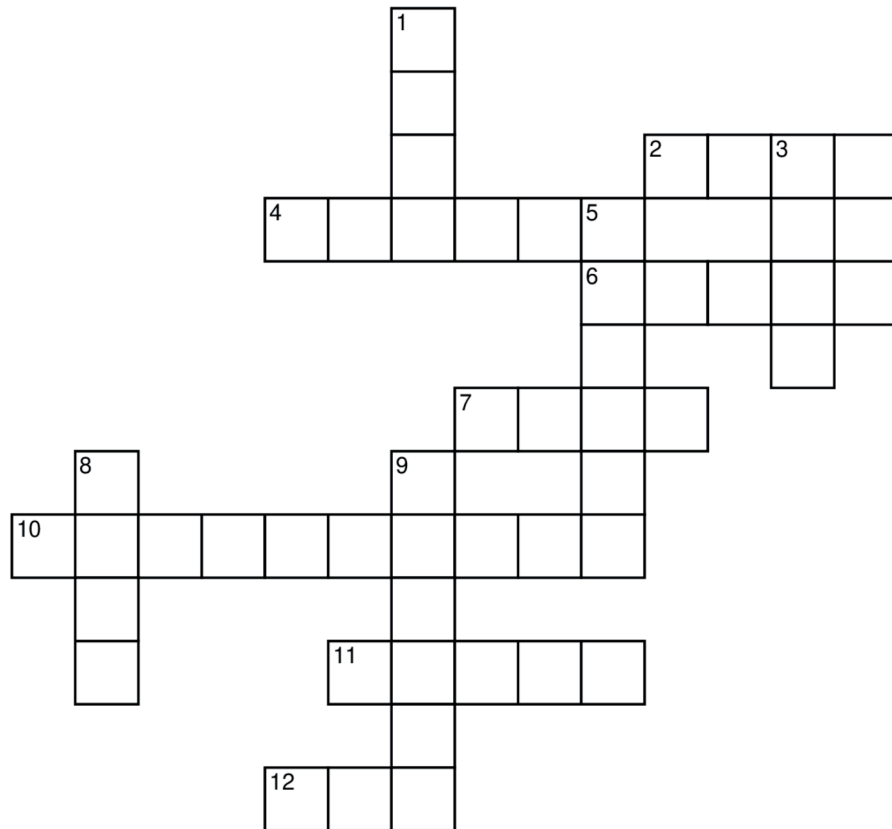
## Helpful Tip:

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

## Grocery Aisle 4



### Across

- [2] Chicken of the sea
- [4] Nibbles and bites
- [6] Ziti, penne, bowties and more
- [7] Sushi staple
- [10] Sandwich toppings
- [11] Cowboy meal
- [12] Canola for one

### Down

- [1] Beverage in a float
- [3] Bolts companions
- [5] Aromatic flavorings
- [8] Alphabet e.g.
- [9] Fruit Loops

# 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 think there is life on other planets? If so, do you think it is small or large organisms, or more intelligent beings?

---

---

---

What do you think an alien or UFO would realistically look like?  
Do you, or anyone you know, think you have seen one?

---

---

---

What do you think an extraterrestrial would think of Earth?  
Do you think they would be helpful, harmful, or just curious?

---

---

---





# SOLUTIONS

## Trivia Answer: D. Sinclair Lewis

He was recognized for his sharp critiques of American society and culture, particularly in his novels such as *Main Street* and *Babbitt*.

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

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

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

