

Daily Delight

WEDNESDAY • JANUARY 21 • 2026

National Hugging Day

National Hug Day, or National Hugging Day, occurs on January 21st and is officially recognized by the United States Copyright Office but is not a public holiday. Whether you hug a family member or a stranger, the mental and physical health benefits are the same. From the day we are born, hugs or touch improve our sleep. Hugging, like cuddling, releases oxytocin. On its own, this hormone provides tremendous health benefits. Not only does it give us feel-good hormones, but it also reduces pain. Receiving a hug helps reduce stress, lowers blood pressure, and lowers the risk of heart disease. It also eases anxiety. Give someone a big hug. Or, if you need one, ask for a hug and reap the benefits. You can also give a mental hug. Let someone know you care by sending warm, cheerful words of encouragement to those in your circle.



Today in History



In 2021, Avril Haines was sworn in as the first female U.S. Director of National Intelligence. She previously was Deputy National Security Advisor and Deputy Director of the CIA in the Obama Administration. Early in her career, Haines was a law clerk for the U.S. States Court of Appeals.

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



DID YOU KNOW?

More Than Just Pennies

Guess how much spare change you have around your home.

According to Coinstar, you should probably double that guess. In a study the maker of change-conversion kiosks conducted, while consumers estimated they had an average of \$28 lying around their home, the actual number when gathered and brought to the kiosk was \$56.

TRIVIA

What is the largest species of shark?

- A** Great white shark
- B** Hammerhead shark
- C** Whale shark
- D** Tiger shark

TODAY'S FUNNY

Which is the best hand to write with?

Neither. It's best to write with a pencil!

TODAY'S WISDOM

"When people stop believing in God, they don't believe in nothing, they believe in anything."
- Douglas Murray

WORD SEARCH

Circular



Ball

Circle

Circular

Coil

Disc

Ellipse

Globe

Halo

Hole

Hoop

Loop

Orb

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

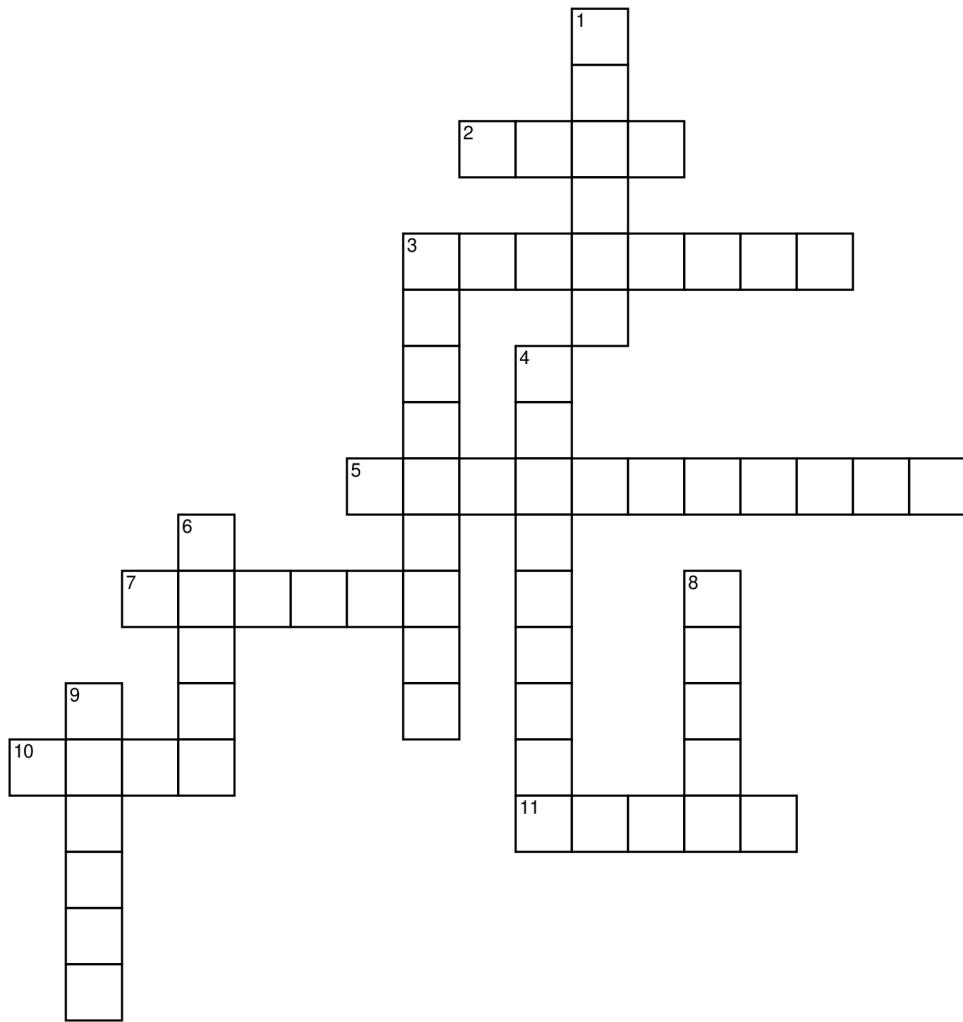
	8	1	9	6				5
7		6			5		9	8
	9		4			6	7	1
2	1	3	5	9		8	4	
	5		7			2	1	3
8			2	1		5	6	
9	3	8		4	1	7		
4	2	7	3		9		8	6
	6	5	8	7	2			

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

In the Stars



Across

- [2] Celebrity title
- [3] A small rocky body orbiting the sun
- [5] Earth, sun, etc.
- [7] Hubble sighting
- [10] The fourth planet from the sun
- [11] Third planet from the sun

Down

- [1] Saturn or Mercury
- [3] John Glenn, twice
- [4] Stephen Hawking subject
- [6] Roman goddess of love
- [8] One of Santa's team members
- [9] Milky Way e.g.

SPOTLIGHT TRIVIA

Photography

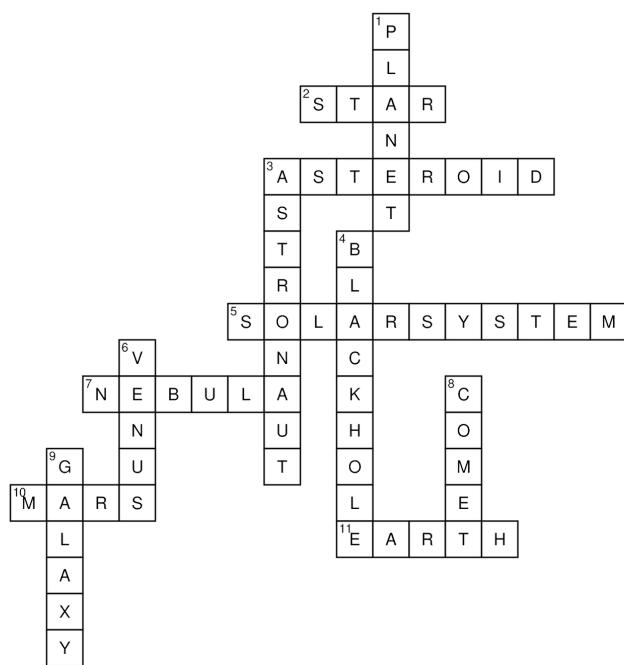


SOLUTIONS

Trivia Answer: C.

A whale shark can be as large as a school bus.

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



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

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

Trivia Answer:

1. D
2. C
3. B
4. C
5. D