

Daily Delight

MONDAY • FEBRUARY 16 • 2026

National Do a Grouch a Favor Day

Some people wake up grouchy occasionally, while others are grouchy all the time. Being a grouch is something that happens to the best of us at some point, and usually, there's not much that can turn a grouch's frown upside down. What if you did a grouch a favor today? Some gourches are grouchy because that's just the way they are, but many are simply upset because they've had a rough day, which everyone can relate to.

If you did them a favor, you might just be able to cheer them up and, in turn, make the world a happier place! So, do a grouch a favor today, and let's see what happens.



Today in History



In 1984, figure skater Scott Hamilton won the gold medal at the Sarajevo Winter Olympics. He was the first American male skater to win Olympic gold since 1960. Hamilton won four U.S. and World figure skating championships before winning gold, then retired from amateur competition.

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



DID YOU KNOW? Hair-Raising Facts

How many hairs does the average human have? This total includes not only the hair on the head but also all the hair on various other parts of the body. The vast majority of hairs are not on the head. People generally have about 100,000 hairs on their heads, leaving approximately 4.9 million hairs on the rest of the body.

TRIVIA

Who is recognized by Guinness as the world's best-selling fiction writer?

- A** Tom Clancy
- B** Agatha Christie
- C** Danielle Steel
- D** John Grisham

TODAY'S FUNNY

What do you get when you cross a sheepdog with a rose?

A collie-flower!

TODAY'S WISDOM

"Nostalgia is a file that removes the rough edges from the good old days."
- Doug Larson

WORD SEARCH

Wipe Down

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

Bathroom

Bedroom

Brush

Bucket

Carpet

Dishes

Dusting

Floors

Ironing

Kitchen

Rag

Spray

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

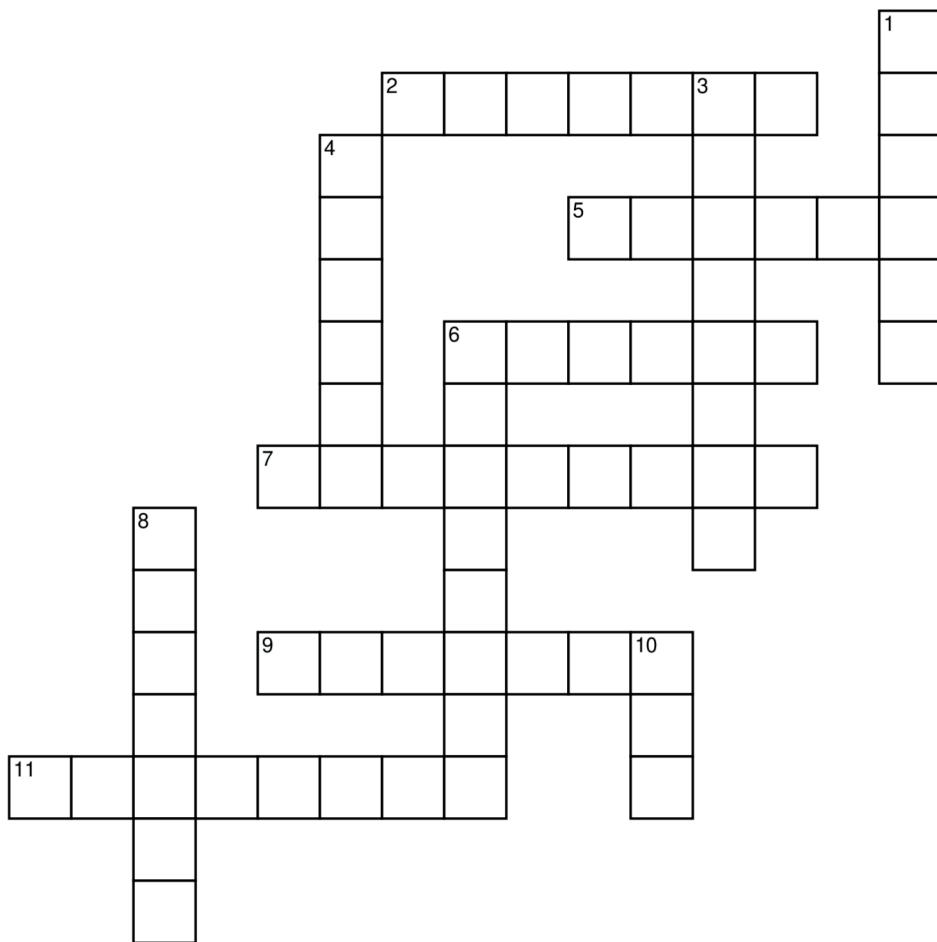
			7				1	
	4				3	5		
3	6	2	5	9		7		
			9	7		6		
8	4	5			1			
9	7		1	6	2	8	5	
5			4	1		8	3	6
4			3	8	7	5	1	9
3	1	8	6	9	5			

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

Vintage Cars



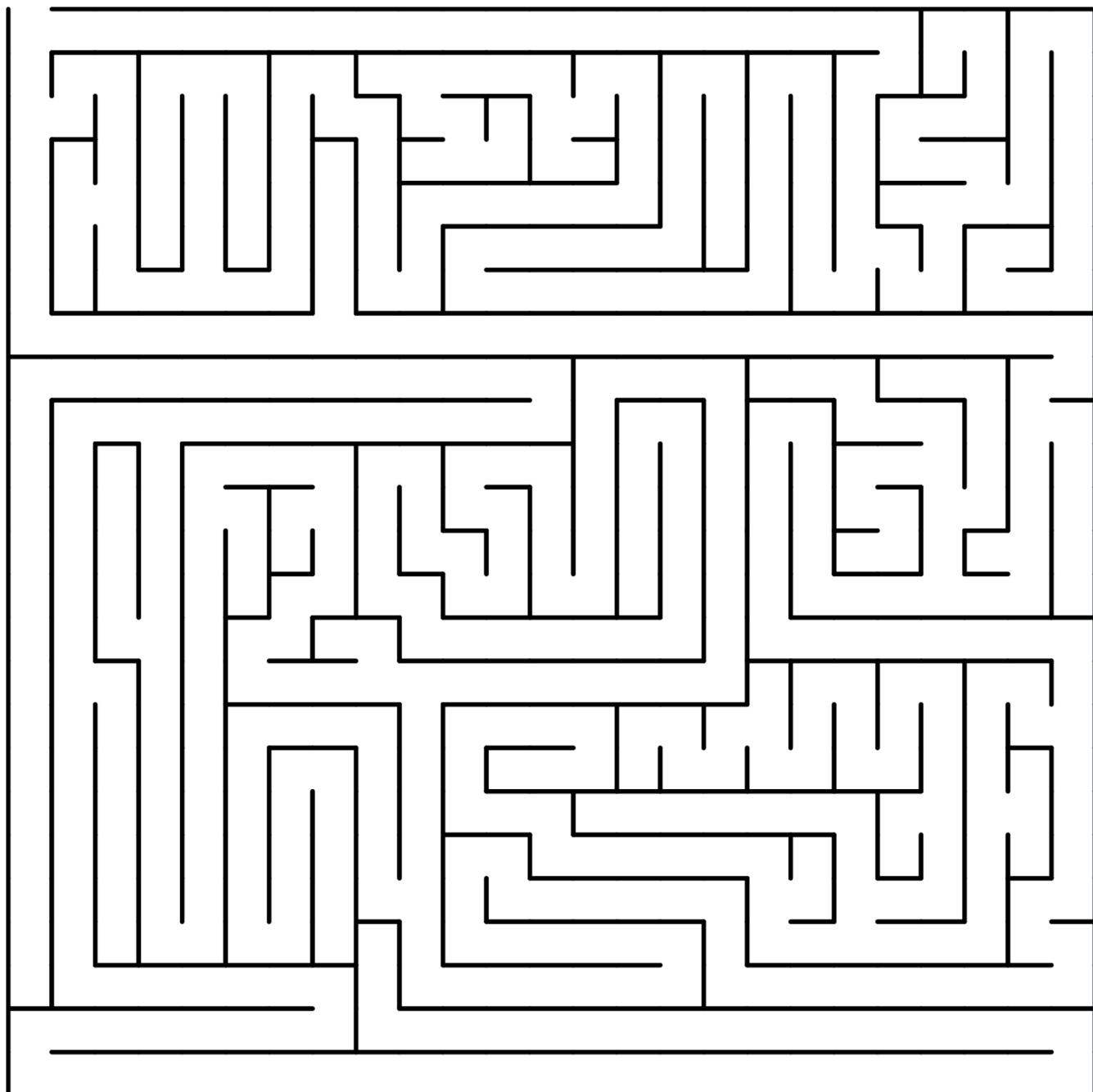
Across

- [2] San Diego footballer or phone power
- [5] Ford's Tin Lizzie
- [6] Speedy Chevy
- [7] Plymouth or a voracious fish
- [9] Ford's wild horse
- [11] Oldsmobile rocket powered

Down

- [1] Retro VW
- [3] Cadillac luxury coupe
- [4] Antelope or automobile
- [6] Prince's was red
- [8] Buick's song bird
- [10] Pontiac monogram

MAZE





SOLUTIONS

Trivia Answer: B.

The world's best-selling fiction writer is the late Dame Agatha Christie (née Miller; later Lady Mallowan, 1890–1976), whose 78 crime novels have sold an estimated 2 billion copies in 44 languages.

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

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

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

