

Daily Delight

MONDAY • FEBRUARY 9 • 2026

National Toothache Day

There's a holiday for EVERYTHING, and that is no more apparent than today. Toothache Day is just plain weird. Why would someone want to celebrate having a toothache? Who knows? Maybe it's the dentist's way of reminding us to brush and floss regularly in order to prevent toothaches and tooth decay. If you happen to be suffering from a toothache today...

CONGRATULATIONS! You are really embracing Toothache Day! You should still probably go see your dentist right away, though, and until then, you can treat your toothache by rinsing with warm saltwater, then put an icepack on your cheek to help numb the area. If your teeth are all behaving today, then celebrate that you're having a HAPPY Toothache (free) Day!



Today in History



In 1997, "The Simpsons" aired its 167th episode, becoming the longest-running series in cartoon history. Created by Matt Groening for the Fox Broadcasting Company, the Simpson Family has a star on the Hollywood Walk of Fame, and it's won many awards, including Emmys and Annies.

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



DID YOU KNOW?

Radio Rules the Airwaves

Broadcast radio remains the most popular audio format in the US, with 52% of total listening time dedicated to it, which translates to roughly two hours per day on average, including online simulcasts from AM/FM stations; this dominance is further supported by the fact that approximately 92% of Americans aged 12 and up listen to broadcast radio.

TRIVIA

Which artist painted “Girl With a Pearl Earring”?

- A** Johannes Vermeer
- B** Rembrandt van Rijn
- C** Vincent van Gogh
- D** Salvador Dali

TODAY'S FUNNY

My friend wants a chicken-proof umbrella.

So she can use it when the weather is fowl.

TODAY'S WISDOM

“Prayer is asking for rain, and faith is carrying the umbrella.”

- Barbara Johnson

WORD SEARCH

They Keep Your Feet Warm

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

Ankle

Boat

Clean

Compression

Cotton

Crew

Dirty

Dress

Gym

Heavy

Holey

Liner

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

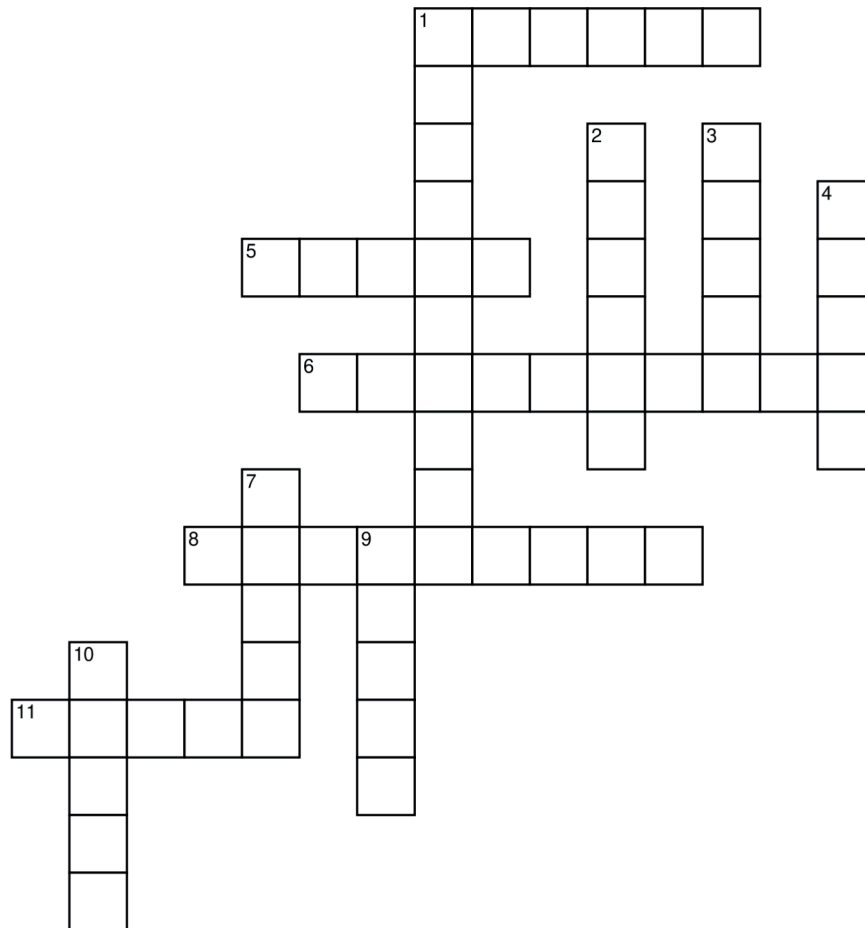
			5	1	7		3	
		3	6			4		
6	9				4		7	1
9				3			4	8
	5	6			8			7
8		1				3		2
1	3		4	5			8	6
		4			1			
5		8		9	3		1	

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

Dancing Through Time



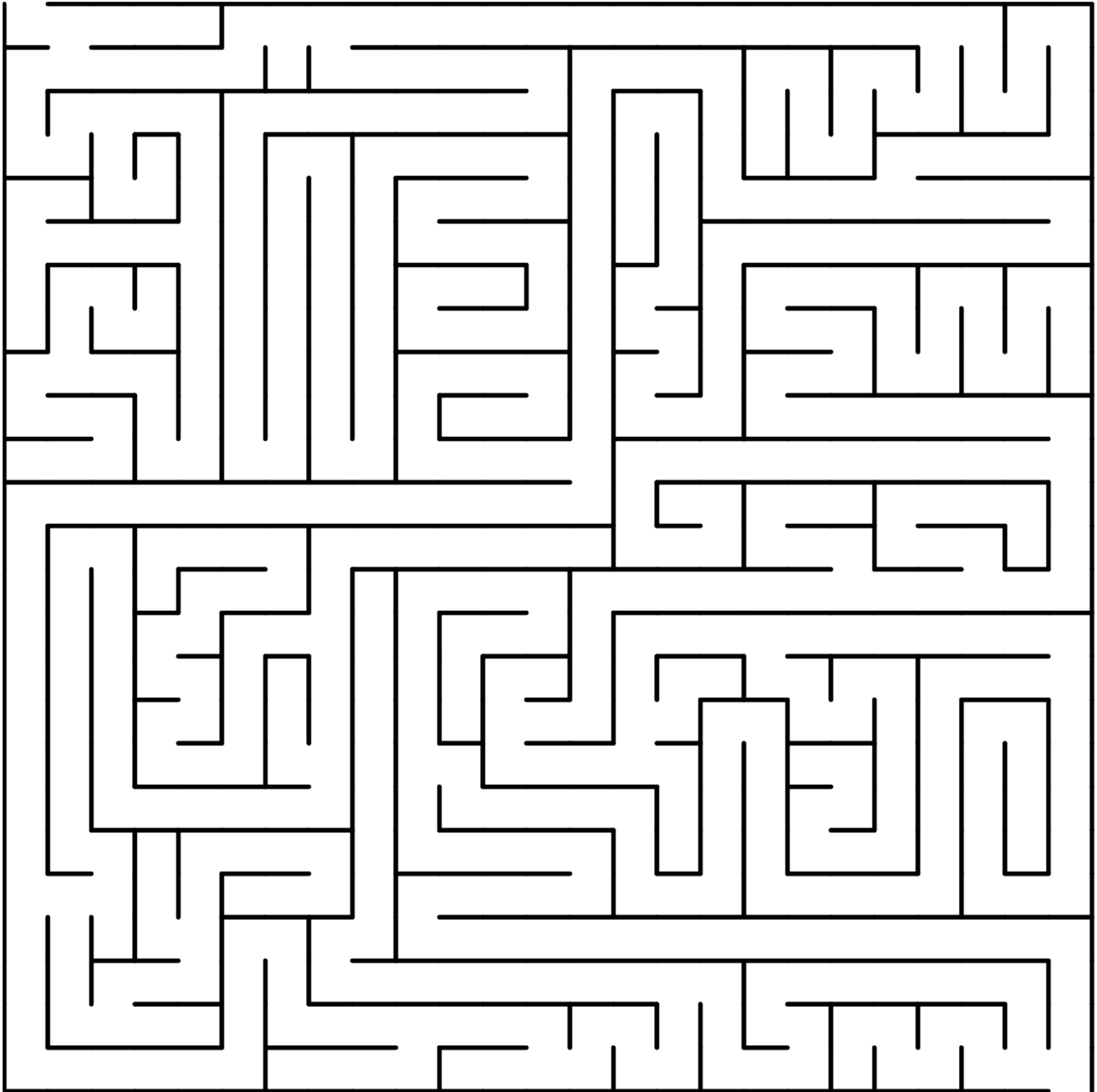
Across

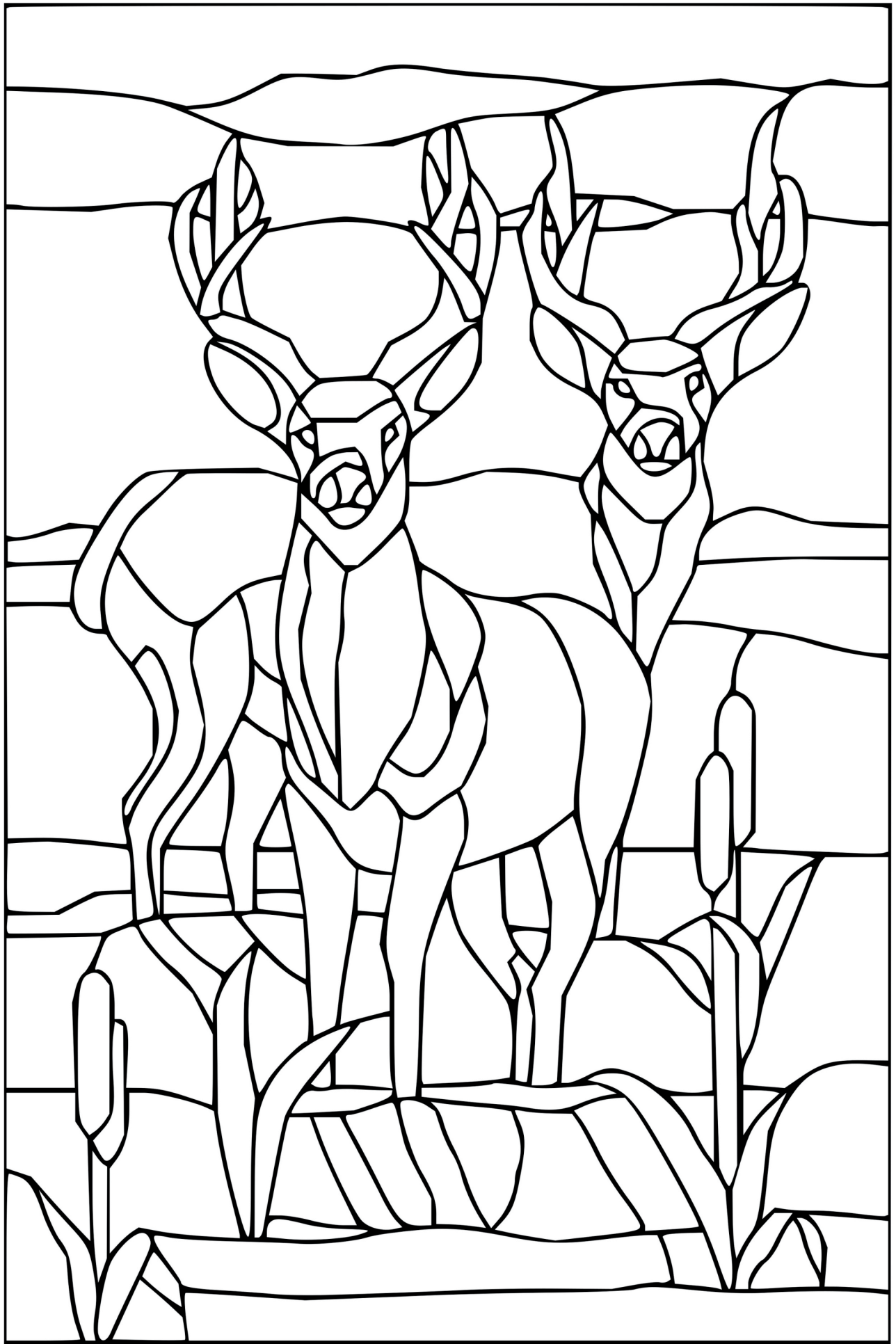
- [1] The _____-woogie
- [5] Accordion-fueled fun
- [6] Knees and heels controversy
- [8] Harlem jive
- [11] It takes two!

Down

- [1] Classic street performance
- [2] The Nutcracker
- [3] Mechanical
- [4] Big-band era
- [7] Stayin' Alive
- [9] Hip turning
- [10] Latin flair

MAZE





SOLUTIONS

Trivia Answer: A.

Johannes Vermeer completed "Girl With a Pearl Earring" in 1665. He only produced 36 paintings in his lifetime, a very low number compared to his artistic peers.

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

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

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

