

Daily Delight

WEDNESDAY • FEBRUARY 4 • 2026

National Thank a Mail Carrier Day

Come sun, rain, snow, sleet, or dogs, the mail carrier can be trusted to deliver the mail to you six days a week. In fact, there are a few things in life that are more reliable than mail carriers when you think about it. During the Pony Express era, they even vowed to deliver mail despite the “death of night!”

Since 1692, when the first formal mail delivery system was established, Americans have been able to count on the United States Postal Service for all their postal needs. This Thank a Mail Carrier Day, be sure to take a moment to thank the men and women who are a part of this honorable tradition and let them know you appreciate all their efforts.



Today in History



In 1932, the U.S. hosted its first Winter Olympic Games, the III Olympic Winter Games, in Lake Placid, New York. The games opened on February 4th and closed on February 13th. Athletes from the United States earned the most medals, winning twelve, half of which were gold.

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



DID YOU KNOW?

The Match that Didn't Take

In 1970, 21-year-old Prince Charles visited the U.S. for the first time, spending time with Tricia Nixon, the daughter of President Nixon. They attended a dinner and a baseball game, leading to speculation about a potential union. LIFE magazine noted Nixon's excitement over the royals, but Tricia married Edward F. Cox less than a year later. Charles enjoyed a decade of bachelorhood before marrying Lady Diana Spencer.

TRIVIA

Beverly Hills is home to which famous shopping street?

- A** Mulholland Drive
- B** Hollywood Boulevard
- C** Sunset Boulevard
- D** Rodeo Drive

TODAY'S FUNNY

One of my daughters wants to marry the mailman...

But I won't letter!

TODAY'S WISDOM

"Act in such a way that your humility may not be weakness, nor your authority be severity."

- St. Gregory the Great

WORD SEARCH

Delicious Gum



Bazooka

Big Red

Bubblicious

Chiclets

Dentyne

Eclipse

Hubba Bubba

Juicy Fruit

Orbit

Trident

Cinnamon

Peppermint

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.

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

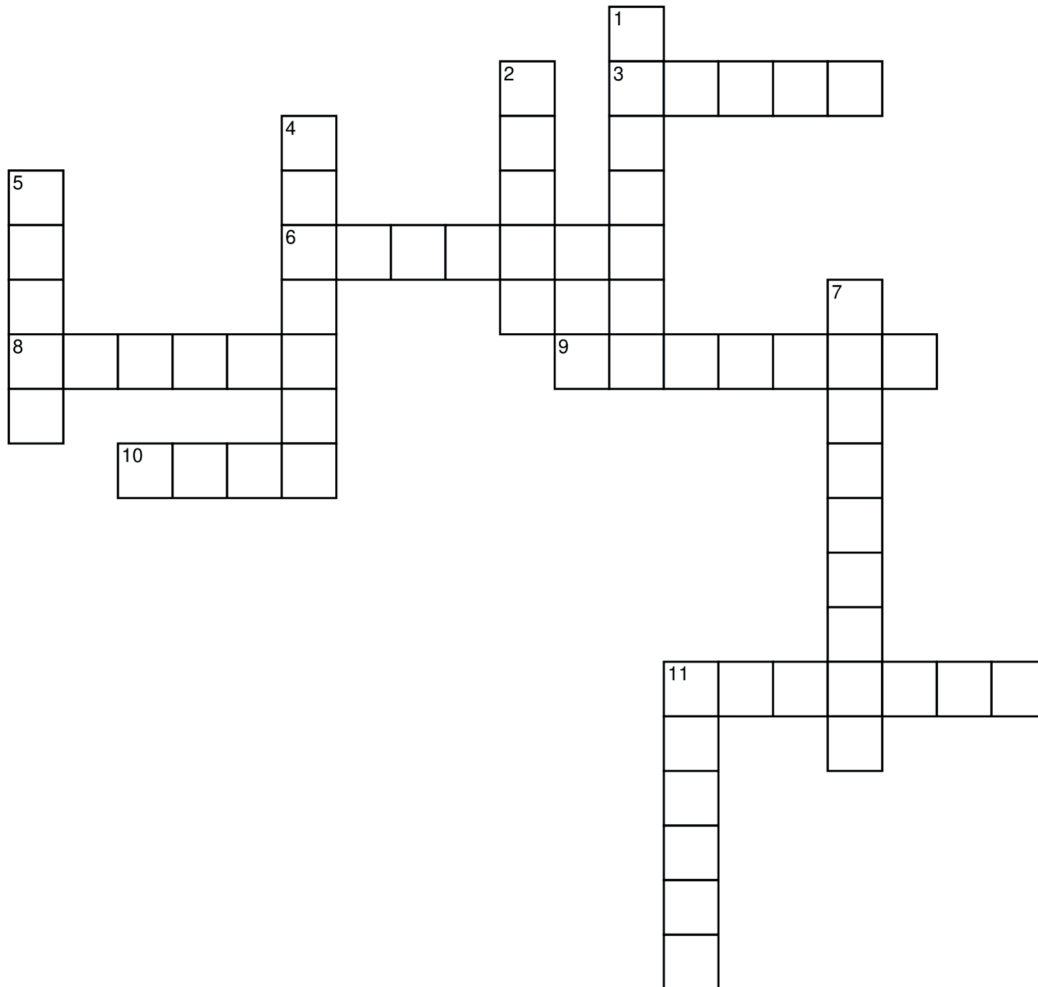
2	8	5	3	9		6	7	
	3		7			2	9	8
7	9	1	8	2	6		5	3
8			1	4	9	5		7
	5		2	8		3		
1	2	7			5	8		
				6			8	
		8	4					5
	4		5			1	6	2

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

20th Century Rock Bands



Across

- [3] Wilson sisters' band
- [6] State of bliss
- [8] "Hotel California"
- [9] "Don't Stop Believin'"
- [10] Face-painted rockers
- [11] Abbey Road crossing

Down

- [1] City of the musical
- [2] "Sunshine Of Your Love"
- [4] Phil Collins' band
- [5] Bohemian Rhapsody legends
- [7] "Sweet Emotion" group
- [11] "More Than a Feeling"

SPOTLIGHT TRIVIA

Presidents

1. Which president served in Congress after his time in office and suffered a fatal stroke on the floor of the House Chamber?

- A. Andrew Johnson
- C. Grover Cleveland

- B. John Quincy Adams
- D. Millard Fillmore

2. Which president was the first to be sworn in by his nickname?

- A. Teddy Roosevelt
- C. Jimmy Carter

- B. Harry S. Truman
- D. Joe Biden

3. Perhaps due to chronic depression, this president is said to have slept up to 11 hours a day and always took an afternoon nap lasting at least 1-2 hours?

- A. Calvin Coolidge
- C. Chester A. Arthur

- B. Abraham Lincoln
- D. Grover Cleveland

4. Which president worked to save football from being banned in the United States?

- A. Gerald Ford
- C. Theodore Roosevelt

- B. George H.W. Bush
- D. Barack Obama

5. Which president was a Rhodes Scholar?

- A. John F. Kennedy
- C. Thomas Jefferson

- B. Franklin Pierce
 - D. Bill Clinton
-



SOLUTIONS

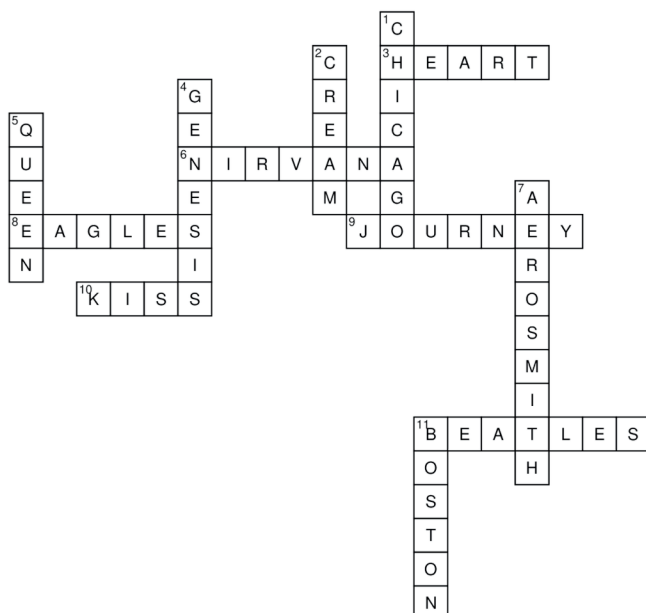
Trivia Answer: D.

Rodeo Drive is three blocks long and has more than 100 shops for luxury brands like Gucci, Alexander McQueen, and Prada.

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

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

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



Spotlight Trivia:

1. B - John Quincy Adams
2. C - Jimmy Carter
3. A - Calvin Coolidge
4. C - Theodore Roosevelt
5. D - Bill Clinton