

Daily Delight

TUESDAY • APRIL 21 • 2026

National Chocolate-Covered Cashews Day

The combination of cashews and chocolate is a favorite among most chocolate lovers who enjoy the nutty crunch and creamy, rich chocolate. Cashew trees are native to Northeastern Brazil. These trees can grow up to 32 feet tall and can live 60 to 100 years. Cashew tree buds produce small flowers that start as pale green, then turn reddish, with five slender petals. It may surprise you to learn that the cashew nutshell is toxic, which is why cashews are always shelled before they are sold. The cashew's delicious buttery flavor is enjoyable enough on its own, but adding chocolate just makes it even better! To celebrate, you can enjoy a handful of chocolate-covered cashews as a tasty snack. You can also share your favorite recipes to enjoy with friends and family.



Today in History



In 1969, Yokshiaki Unetani of Japan won the 73rd Boston Marathon in 2:13:49. He combined training with his job as a high school teacher, which was unusual for an elite athlete. He competed in the 1972 Summer Olympics in Munich, placing 36th.

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



DID YOU KNOW? Nimrod?!?

In the Bible, Nimrod is a figure described as a mighty hunter and a great king, but the evolution of the term took an unexpected turn. In the mid-20th century, the term started being used sarcastically by the Looney Tunes character Bugs Bunny. The rabbit used the term ironically to mock his adversaries. Over time, the sarcasm stuck, and "nimrod" morphed into a colloquial expression for someone perceived as clueless or ineffectual.

TRIVIA

In what state did the tracks of the Transcontinental Railroad meet?

- A** Utah
- B** Iowa
- C** New Mexico
- D** Texas

TODAY'S FUNNY

Why is Sweden so good at keeping track of their ships?

Because they're Scandinavian (Scan the navy in!)

TODAY'S WISDOM

*"I do not fix problems. I fix my thinking. Then problems fix themselves."
- Louise Hay*

WORD SEARCH

Blissful Day



Sunshine

Breeze

Stroll

Picnic

Butterflies

Garden

Laughter

Daydream

Meditate

Napping

Leisure

Flowers

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.

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

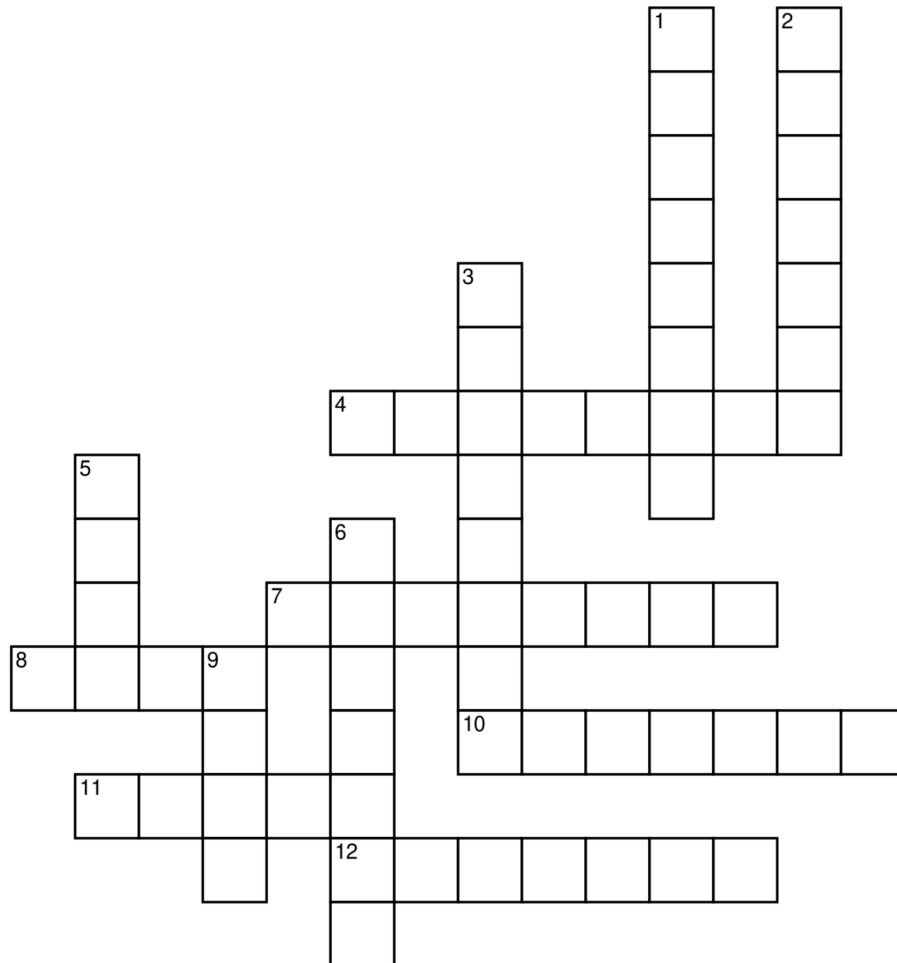
		3	2		7	8	6	5
6		8					1	
		5	1	6		3		
			3	7	6	5		1
		1				7	3	
7				1	5	9	8	
3							5	
				8		2	9	3
	6	4		5				

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

Friendship



Across

- [4] Random acts of
- [7] Thanks for the _____
- [8] Lend a hand
- [10] Exceptional
- [11] Divvy up
- [12] Impart a secret to

Down

- [1] The best medicine
- [2] Good buddies
- [3] Charitable
- [5] Look After
- [6] Aretha's signature song
- [9] Remote button

Conversation Starters

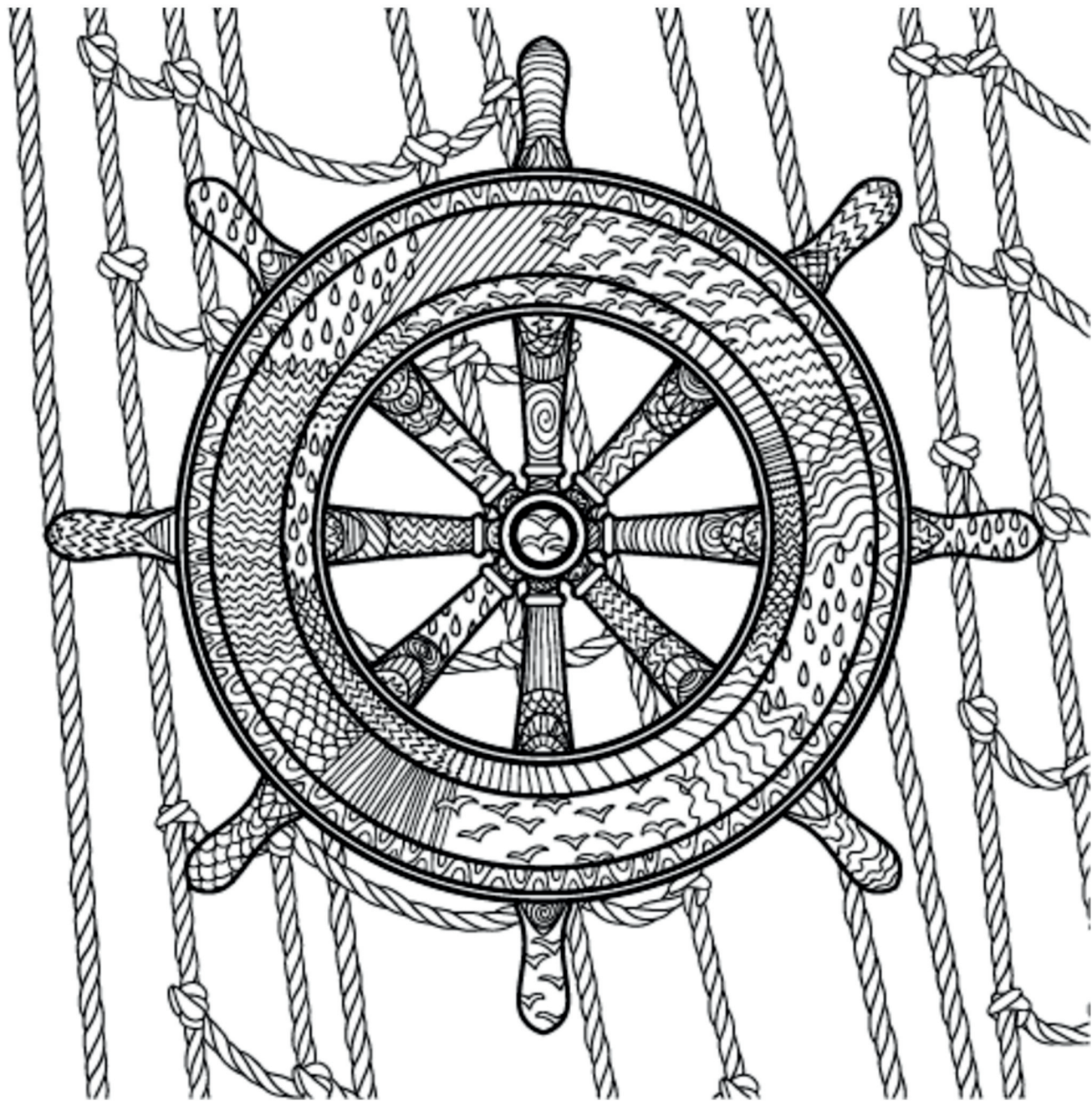
Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

Did you go to county fairs, amusement parks, or the circus as a child?

Did you have a favorite food you always had to have?

Did you have a favorite attraction?





SOLUTIONS

Trivia Answer: A. Utah

Chinese laborers worked on the portion that came from California to Utah. The east-to-west portion of the railroad used many Irish laborers.

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

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

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

