

Daily Delight

SUNDAY • MAY 3 • 2026

National Garden Meditation Day

If you've been wanting to try meditation, National Garden Meditation Day on May 3rd is a great time to start! Did you know that working in a garden, or just spending time in a garden or nature, is a form of meditation?

Even resting quietly on a bench on a beautiful day can be a form of meditation. The sun provides a natural dose of vitamin D, but don't forget your sunblock. The gentle movement of leaves, flowers, and grass in the breeze, along with relaxation, can help ease pain and anxiety, and may even help you sleep better.

Whether you visit a park, a botanical garden, or sit quietly in the shade of a tree, spend some time with nature, and give meditation a try.



Today in History



In 1991, the final episode of "Dallas" aired. It was the 357th episode, and it ran on CBS for 13 years. "Dallas" was the network's second-longest-running series, and it won four Emmy Awards. The series was included in Time magazine's list of "100 Best TV Shows of All-Time" in 2007.

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



DID YOU KNOW? **The Feathered Pen**

Quill pens were used for important documents from the 6th to the 19th centuries. The best quills were made from goose, swan, or turkey feathers. The process of making a quill involved curing the shaft to harden it, then creating an oval hole, making a slit on the top, cutting a scoop on the lower side, shaping the tip, and making the nib flat. A well-made quill could last a long time.

TRIVIA

What is the world's heaviest land mammal?

- A** Elephant
- B** Giraffe
- C** Rhino
- D** Hippopotamus

TODAY'S FUNNY

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter

TODAY'S WISDOM

*"Everything is beautiful when you stop looking for flaws."
- Stacey Myers*

WORD SEARCH

Wine & Cheese

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

Chardonnay

Riesling

Rose

Cabernet

Zinfandel

Pinot Noir

Malbec

Asiago

Brie

Gouda

Gruyere

Fontina

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.

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

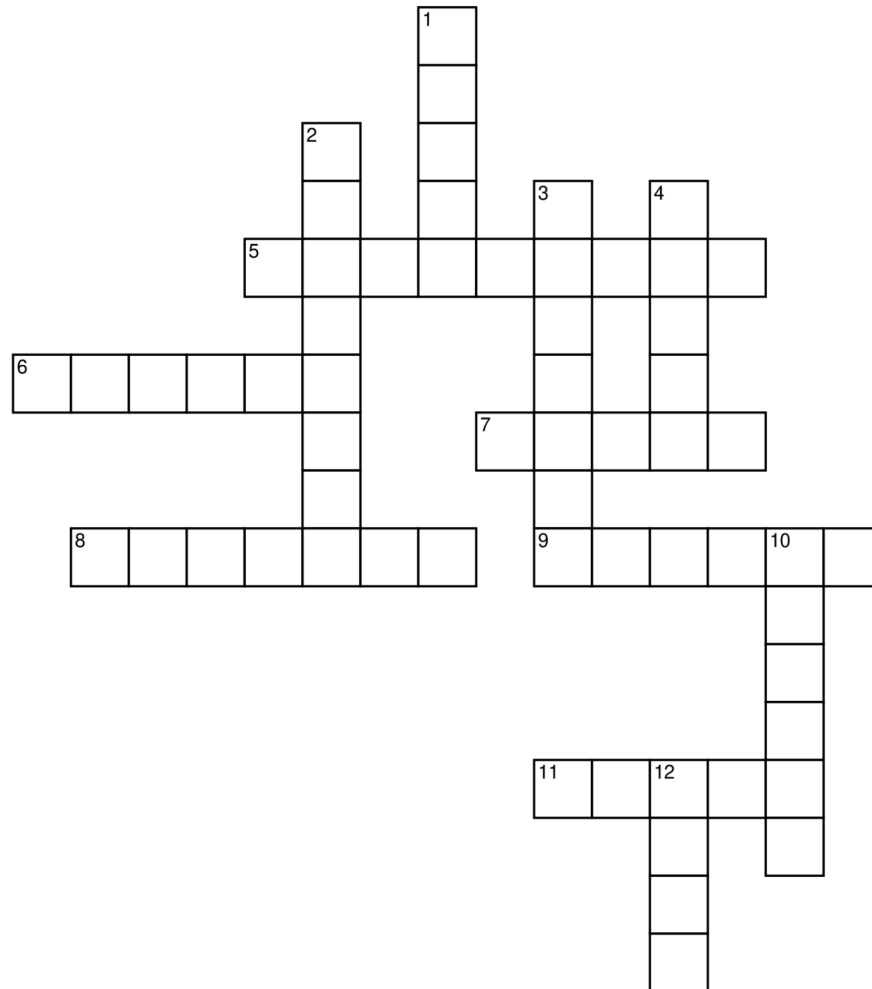
9		5	8	4			1	3
		8	7			4	2	
	7		9	2	3	5		
	8						9	
4			2	8	5	1		7
		7	4	3			5	8
6		2	3	7	8	9		
7					4	8	6	
				1	2	3		5

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

Famous Women



Across

- [5] Ruled Egypt
- [6] India's female prime minister
- [7] Took a stand by taking a seat
- [8] NASA Mathematician
- [9] Underground Railroad
- [11] Radium discoverer

Down

- [1] Mexico's artist
- [2] Seven Wimbledon wins
- [3] Lost flier
- [4] Jewish diarist
- [10] Author of Sense and Sensibility
- [12] First American Woman in space

Test Your Knowledge

Solve the questions below to test your knowledge and give your brain a workout!

On April 18, 1923, what legendary baseball park was opened?

- A. Yankee Stadium
- B. Fenway Park
- C. Comiskey Park

In 1912, an estimated 16 percent of American households had electricity; by the mid-20s, more than _____ percent of households in the U.S. did.

Solve the math problems:

$$\begin{array}{r} 7 \\ \times 16 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ + 35 \\ \hline \end{array}$$

$$\begin{array}{r} 146 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 1124 \\ \div 4 \\ \hline \end{array}$$

What item became a popular item to wear to the beach in 1974?

- A. One-piece bathing suit
- B. Speedo
- C. Sunscreen
- D. String bikini



SOLUTIONS

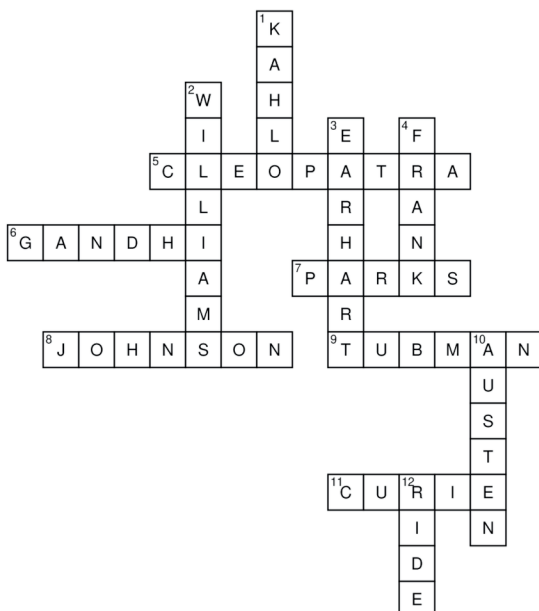
Trivia Answer: A.

The African bush elephant can weigh up to 10.1 tons.



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

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



Answer:
a. Yankee Stadium

Answer:
By the mid 20s,
more than 60% of US
households had
electricity

$$\begin{array}{r} 7 \\ \times 16 \\ \hline 112 \end{array}$$

$$\begin{array}{r} 9 \\ + 135 \\ \hline 144 \end{array}$$

$$\begin{array}{r} 146 \\ - 8 \\ \hline 138 \end{array}$$

$$\begin{array}{r} 1124 \\ \div 4 \\ \hline 281 \end{array}$$

Answer:
D. String bikini,
considered
provocative in its
time, still very
popular today.