

# Daily Delight

FRIDAY • JUNE 12 • 2026

## Superman Day

It's a bird, it's a plane, it's...  
Superman! Originally a character in a comic book, Superman was jettisoned from his dying home planet of Krypton to a small town on Earth, only to discover he had superhuman abilities. A few of the super-traits Superman has on Earth are x-ray vision, super speed, incredible strength, and the ability to fly.

Each June 12th, this action hero is recognized on his special day. Portrayed first on TV by George Reeves and then immortalized on the big screen by Christopher Reeve, Superman has also been played in movies by Brandon Routh and Henry Cavill, to name a few. Which of Superman's abilities would you choose if you could have just one?



## Today in History



In 1776, Virginia was the first state to adopt the Declaration of Rights, which established fundamental human liberties. It included the right to reform or abolish “inadequate” government. The document was written by George Mason and influenced several later articles.

senior **living**  
activity assistant

powered by **spectrio**



## DID YOU KNOW?

### Waking Earlier as We Age

Ever wonder why you wake up earlier as you get older? Sleep patterns change as we age due to various factors, including the brain becoming less responsive to time cues. Exposure to bright light in the evening may help, as well as avoiding alcohol before bed and exercising regularly. While some factors are out of our control, healthy habits can help us get better rest.

## TRIVIA

Google Chrome, Safari, Firefox, and Explorer are different types of what?

**A** Operating Systems

**B** Web Browsers

**C** Online Shopping Sites

**D** Shortcut Keys

## TODAY'S FUNNY

A friend of mine tried to annoy me with bird puns...

*but toucan play that game.*

## TODAY'S WISDOM

*"You miss 100% of the shots you don't take."*

*-Wayne Gretzky*

# WORD SEARCH

## Lemur

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

Primate

Madagascar

Marsupial

Omnivore

Endangered

Arboreal

Endemic

Matriarchy

Leaping

Indri

Sifaka

Purrs

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

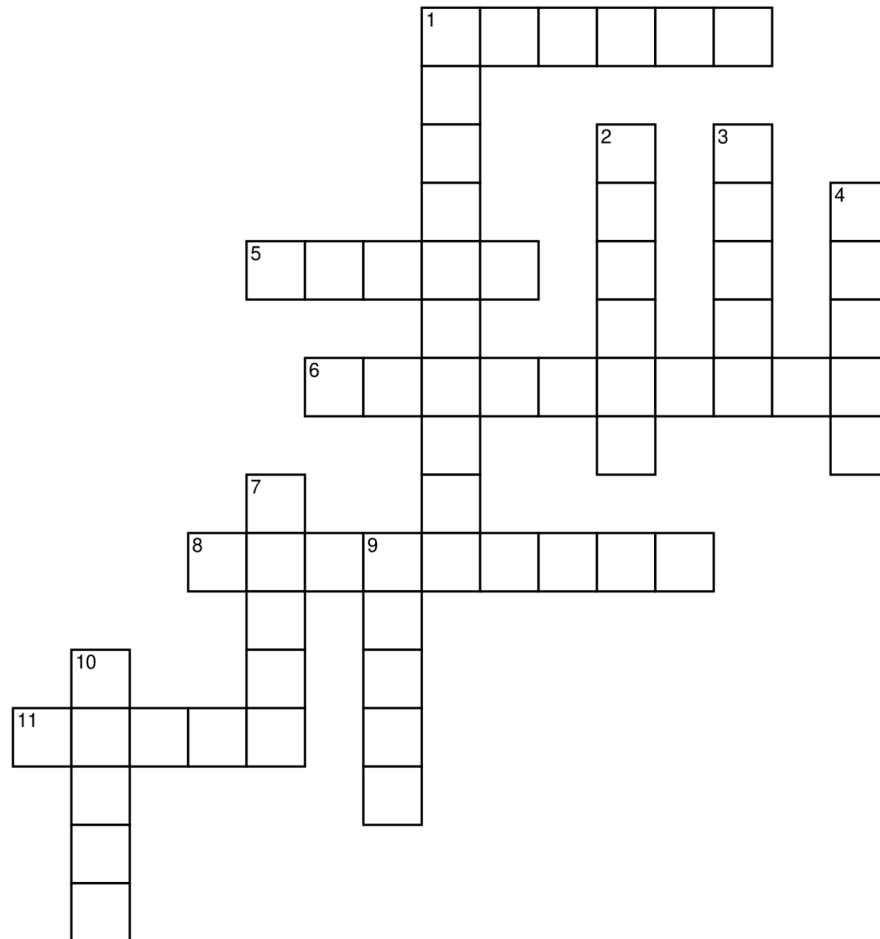
8	9					2		
				4	9	5		
	4				6			7
		5				3		
			4			9	6	
		7	2	9			5	
							3	1
	1		5	7	4			
2	7	9	6	3				5

## 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

## Dancing Through Time



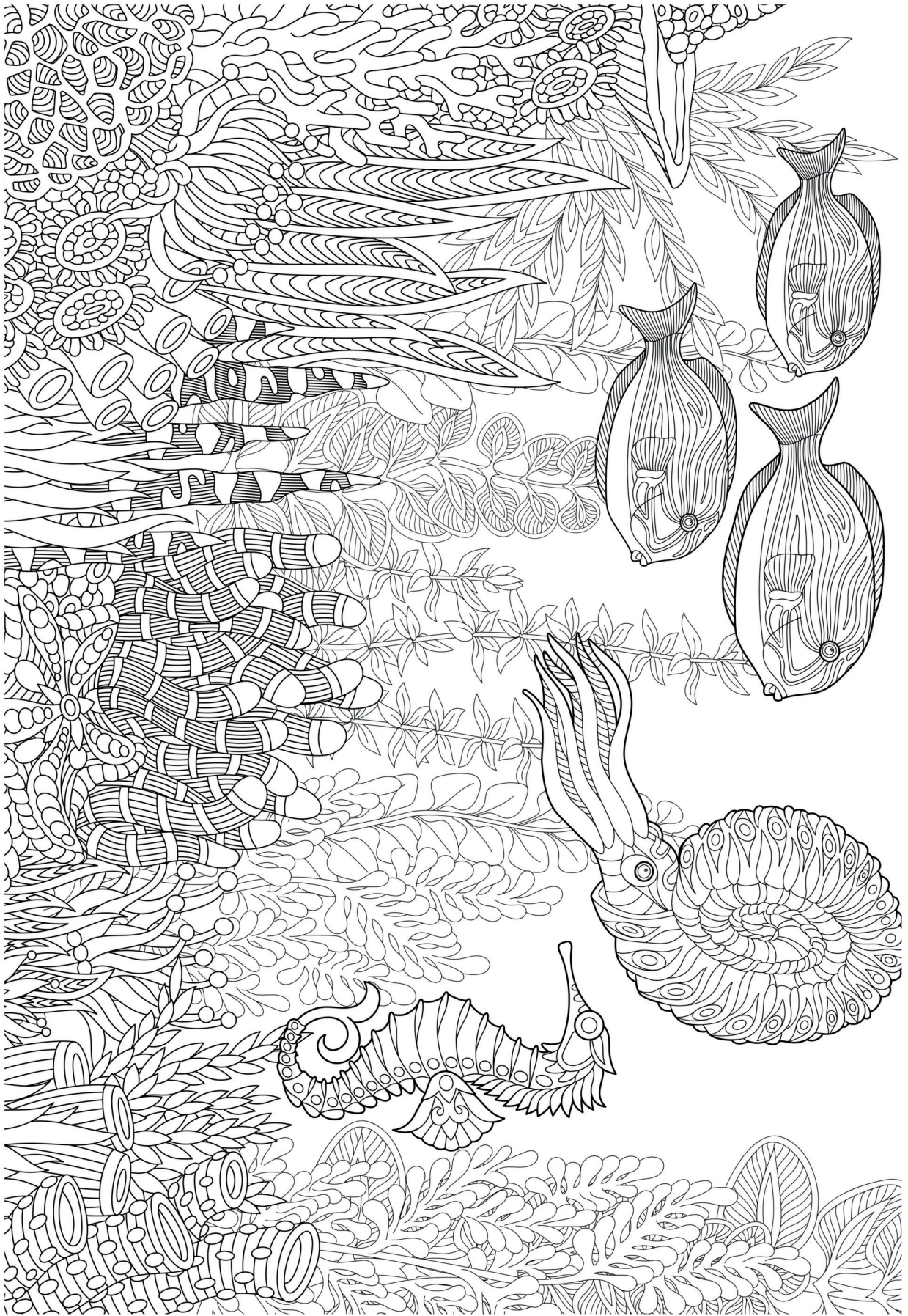
### Across

- [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





# SOLUTIONS

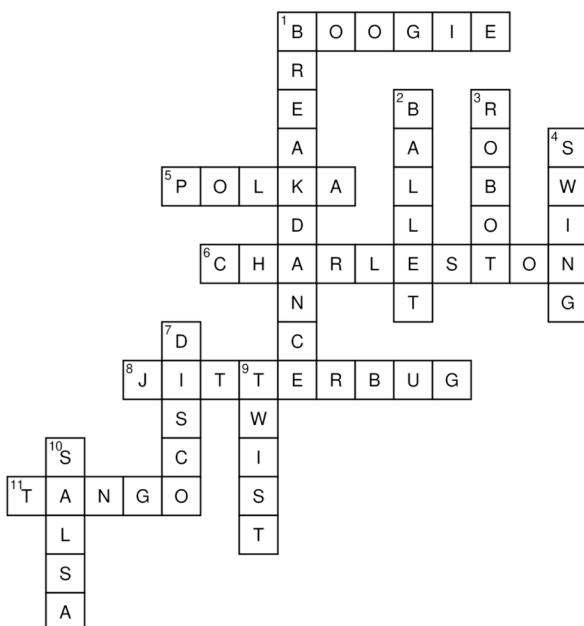
## Trivia Answer: B.

The purpose of a web browser is to fetch content from the Web or local storage and display it on the user's device.

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

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

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



A B C D E F G H I J K L M  
 11 8 25 5 12 18 14 23 19 2 15 9 16

N O P Q R S T U V W X Y Z  
 3 21 7 26 17 1 13 20 22 6 4 24 10

BACON AND EGGS  
 8 11 25 21 3 11 3 5 12 14 14 1

WENT INTO A BAR.  
 6 12 3 13 19 3 13 21 11 8 11 17

THE BARTENDER  
 13 23 12 8 11 17 13 12 3 5 12 17

S A I D "WE DON'T  
 1 11 19 5 6 12 5 21 3 13

SERVE BREAKFAST"  
 1 12 17 22 12 8 17 12 11 15 18 11 1 13