

# Daily Delight

TUESDAY • JUNE 30 • 2026

## June 30th Birthdays

Do you know what entertainer Lena Horne, Olympic swimmer Michael Phelps, and former Heavyweight title-winning boxer Mike Tyson have in common? They all share June 30th as a birthday. Also, each of them has broken barriers—Lena Horne was a civil rights activist who refused to take on roles that were disrespectful to black people.

Michael Phelps not only broke Olympic swimming records, but he also broke down the wall of stigmatism towards mental health by admitting his struggles. And Mike Tyson, famed heavyweight boxer, bounced back from a series of profoundly bad choices to emerge stronger and wiser. June 30th seems to be the birthdate of strong personalities. Do you share your birthday with them?



## Today in History



In 1936, the American Civil War-era novel “Gone with the Wind” was published. It was written by Margaret Mitchell, who won the National Book Award for Most Distinguished Novel of 1936 and the Pulitzer Prize for Fiction in 1937. The novel was adapted into a historical film in 1939.

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



## DID YOU KNOW? Pharaoh's Fresh Smile

Ancient Egyptians were true pioneers, inventing everything from papyrus to bowling. Worried about hygiene, they also created the first breath mints and toothpaste! The Ebers Papyrus reveals a gritty original recipe featuring ox hooves and burnt eggshells. By the fourth century, they upgraded to a zesty blend of salt, pepper, and iris flowers. Applied with frayed-twig toothbrushes, this ancient dental routine kept mummies—and the living—remarkably fresh-faced.

## TRIVIA

How many books are in the Catholic Bible?

A 63

B 73

C 82

D 55

## TODAY'S FUNNY

The first time I got a universal remote control...

*I thought, "This changes everything"!*

## TODAY'S WISDOM

*"There's nothing wrong with having a tree for a friend."*

*-Bob Ross*

# WORD SEARCH

## Constitution and Citizenship



Checks

Balances

Judicial

Legislative

Powers

Veto

Nation

Naturalization

Speech

Freedom

Vote

Democracy

Citizen

Resident

# 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.

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

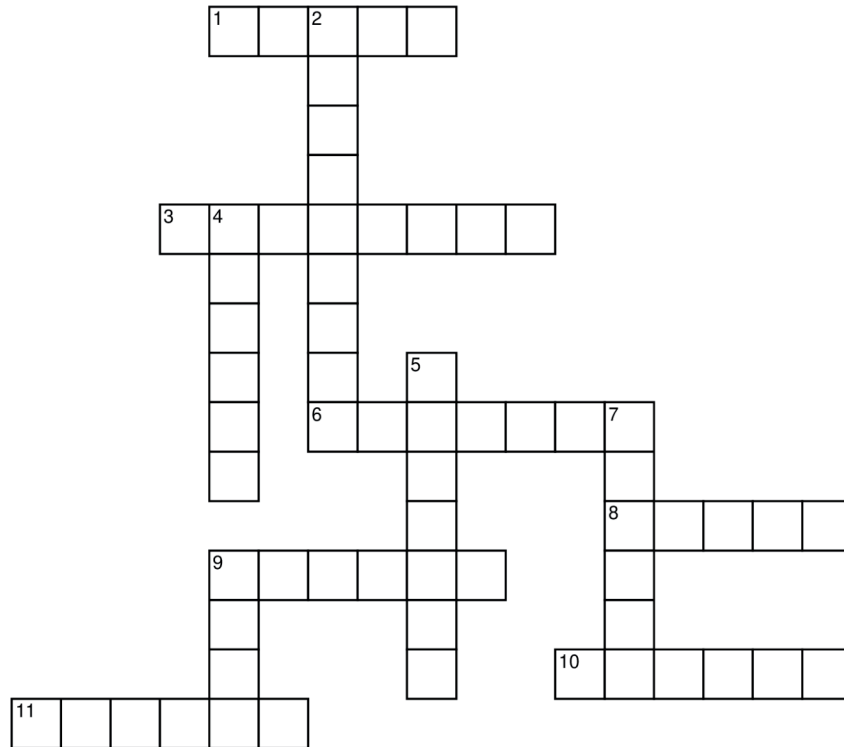
	3		4	5	6			
6	4				9	3		
						4		1
2	6	3						
8			5	9			3	
				6			7	8
9		2						
	7			4	3	9		
					7	6	1	

## 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

## Disco



### Across

- [1] Boogie, Groove, Hustle
- [3] Stages or shoes
- [6] Stayin' Alive group
- [8] Feel the beat
- [9] Dance
- [10] Musical Rhythm
- [11] Song "Do the \_\_\_\_\_".

### Down

- [2] Crowded with dancers and partygoers
- [4] Neon, electric, bright
- [5] Sewn or Glued onto Fabric
- [7] Season after Spring
- [9] Rotating round mirror

# Test Your Knowledge

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

What movie earned Tatum O'Neal an Oscar for Best Supporting Actress at the age of 11?

- A. The Godfather
- B. Paper Moon
- C. The Exorcist

In the 1980 primary election, sitting president Jimmy Carter faced a challenge from a high-profile candidate, unusual for an incumbent. It was...

- A. Rev. Jesse Jackson
- B. Sen. Edward Kennedy
- C. Sen. George McGovern

Solve the math problems:

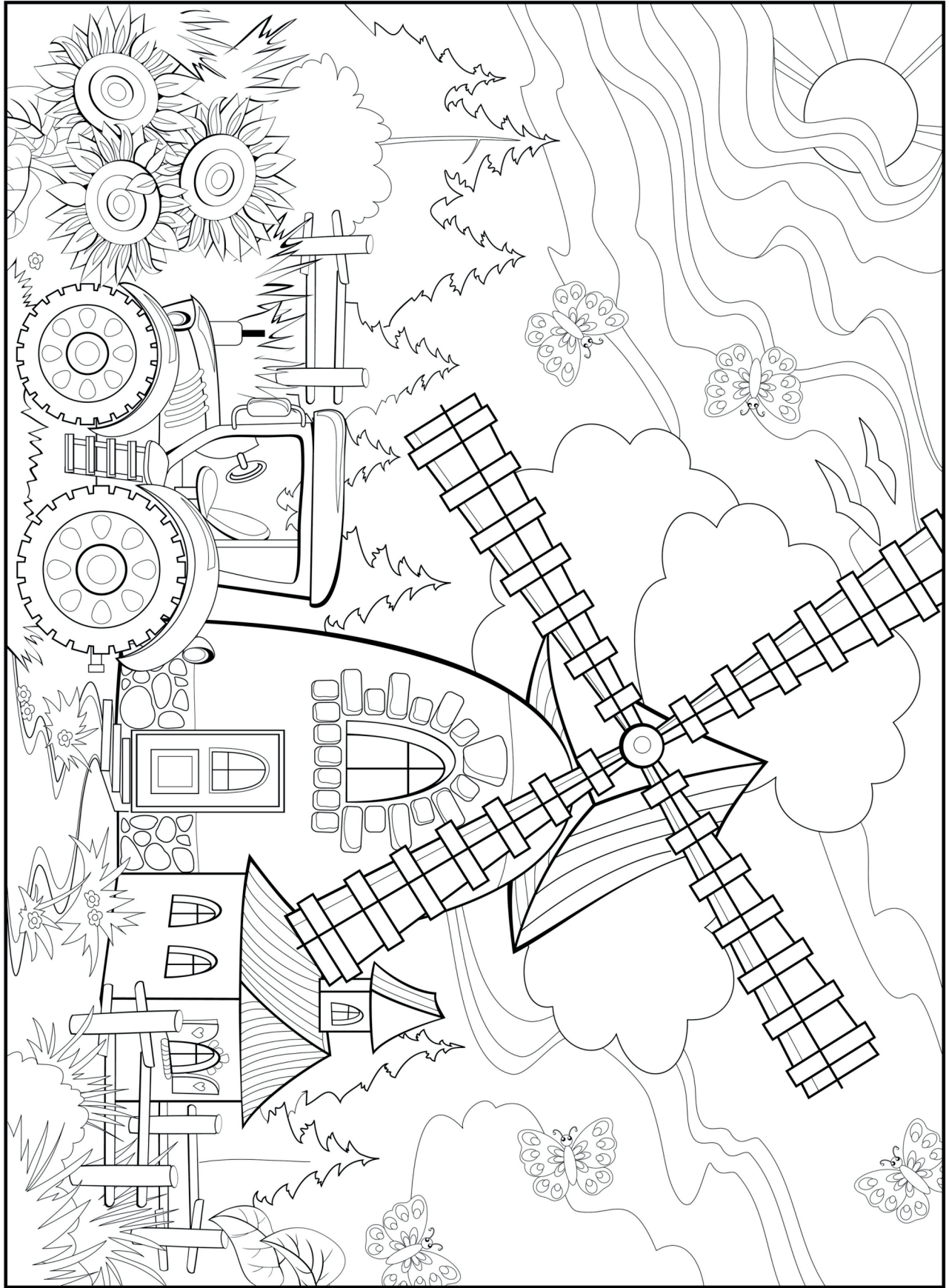
$$\begin{array}{r} 42 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 652 \\ + 39 \\ \hline \end{array}$$

$$\begin{array}{r} 792 \\ - 63 \\ \hline \end{array}$$

$$\begin{array}{r} 480 \\ \div 15 \\ \hline \end{array}$$

Which European nation provided significant military support to the Americans during the Revolutionary War?



# SOLUTIONS

## Trivia Answer: B.

The Catholic Bible is composed of 73 books: an Old Testament of 46 books (including 7 deuterocanonical books and additional deuterocanonical content in 2 books) and a New Testament of 27 books.

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

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

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

<sup>1</sup>D A <sup>2</sup>N C E  
 I  
 G  
 H  
<sup>3</sup>P <sup>4</sup>L A T F O R M  
 I  
 G  
 H  
 T  
 S  
<sup>5</sup>S  
<sup>6</sup>B E E G E E <sup>7</sup>S  
 Q  
 U  
<sup>8</sup>M U S I C  
 M  
 E  
<sup>9</sup>B O O G I E  
 A  
 N  
 S  
<sup>10</sup>G R O O V E  
<sup>11</sup>H U S T L E

**Answer:**  
B. Paper Moon

**Answer:**  
B. Sen. Edward Kennedy

$$\begin{array}{r} 42 \\ \times 6 \\ \hline 252 \end{array}$$

$$\begin{array}{r} 652 \\ + 39 \\ \hline 691 \end{array}$$

$$\begin{array}{r} 792 \\ - 63 \\ \hline 729 \end{array}$$

$$\begin{array}{r} 480 \\ \div 15 \\ \hline 32 \end{array}$$

**Answer:**  
The French had secretly furnished financial and material aid since 1776 and prepared fleets and armies, although they did not formally declare war until June 1778.