

Daily Delight

FRIDAY • JULY 31 • 2026

Uncommon Instrument Awareness Day

We've all heard of the piano, violin, and guitar, but have you ever heard of a theremin? What about a hydraulophone? Or the djembe? No? For Uncommon Instrument Awareness Day, let's learn about these strange noisemakers. Known for its ethereal and extraterrestrial sound, a theremin is an instrument that is played without touching it, and it's one of the oldest electric instruments in the world. A hydraulophone, one of the most rare instruments, creates sound through the vibrations of running water. And the djembe is a goblet drum from West Africa that's played with the bare hands. When it comes to more mainstream instruments, the tuba, French horn, and bassoon are the least commonly played instruments. What's the strangest instrument that you've ever heard of?



Today in History

In 2015, it was announced that American fashion designer Alexander Wang would be leaving Balenciaga as creative director. He is best known for his brand "Alexander Wang," as well as for his use of black fabrics. He was awarded the CFDA/Vogue Fashion Fund in 2008.

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



DID YOU KNOW? **Cute to Look at, but Not Much Upstairs!**

Koalas have small and smooth brains, lacking higher-level recognition. They may not recognize eucalyptus leaves as food and have no understanding of rain. They spend more than 20 hours a day sleeping due to their inefficient diet. Their small brains may be an evolutionary adaptation, requiring less energy.

TRIVIA

What event preserved the old city of Pompeii in Italy?

- A** Submersion in water
- B** A landslide
- C** Submersion in salt
- D** Volcanic eruption

TODAY'S FUNNY

What's small and red and has a rough voice?

A hoarse radish!

TODAY'S WISDOM

*"You are your best thing."
- Toni Morrison*

WORD SEARCH

Float a Scoop!



Wisner

Black Cow

Cola

Dessert

Drink

Float

Ice Cream

Beer

Scoop

Sweet

Treat

Vanilla

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.

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

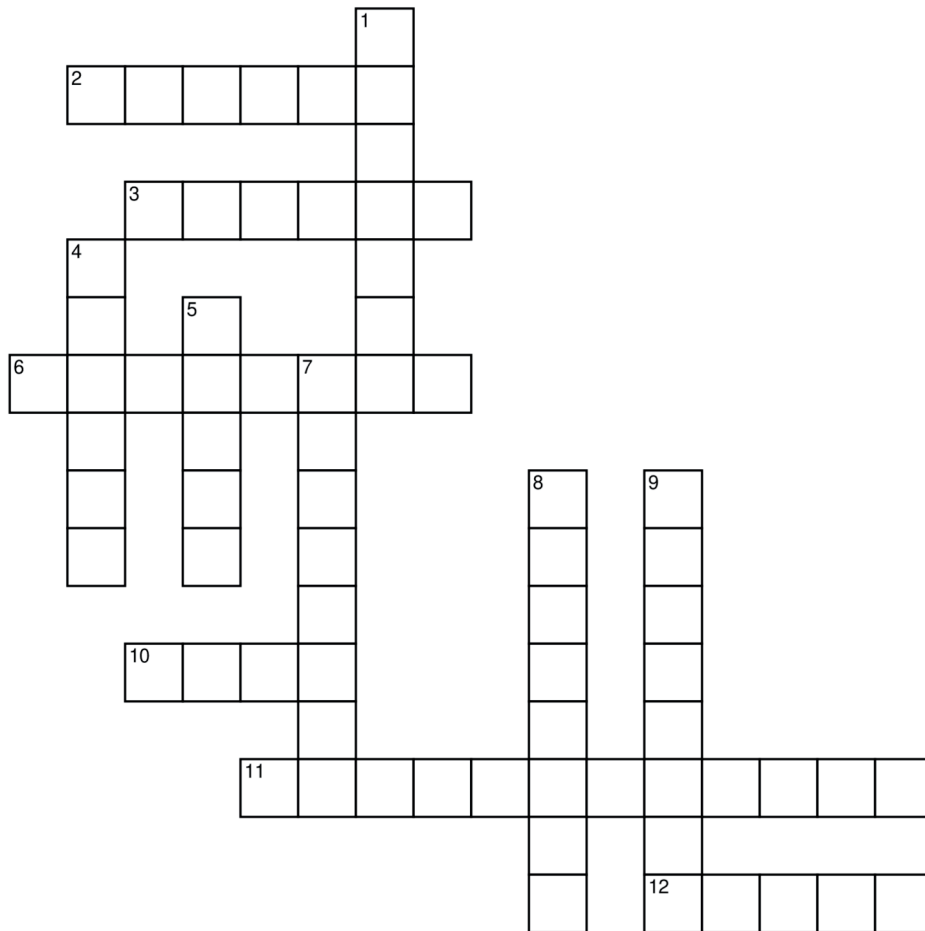
1				8		3		
			7			5	9	
9		3						2
	8	5			1			
		6	2		4			5
					8		1	6
	7			3	6			
	4			2				
	3			4		7		8

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

Essential Oils



Across

- [2] Mixtures
- [3] Hot toddy spice
- [6] Fragrant purple flower
- [10] Essential sources
- [11] Treatment using fragrance
- [12] Aroma

Down

- [1] Perfume
- [4] Botanist's concerns
- [5] Citrus fruit
- [7] Scent spreader
- [8] Treating mind, body, and spirit
- [9] Good health

CRYPTOGRAM

Each number stands for a letter. The correlating number for 3 of the letters has been provided as a starting point. Find the numbers in the puzzle and write the assigned letter. Single letters and word length are all hints. Be sure to keep track of what numbers are used for each letter to decode the message!

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

$\frac{\quad}{24}$ $\frac{\quad}{12}$ $\frac{\quad}{14}$ $\frac{\quad}{21}$ $\frac{\quad}{8}$ $\frac{\quad}{12}$ $\frac{\quad}{5}$ $\frac{\quad}{24}$ $\frac{N}{7}$ $\frac{\quad}{23}$

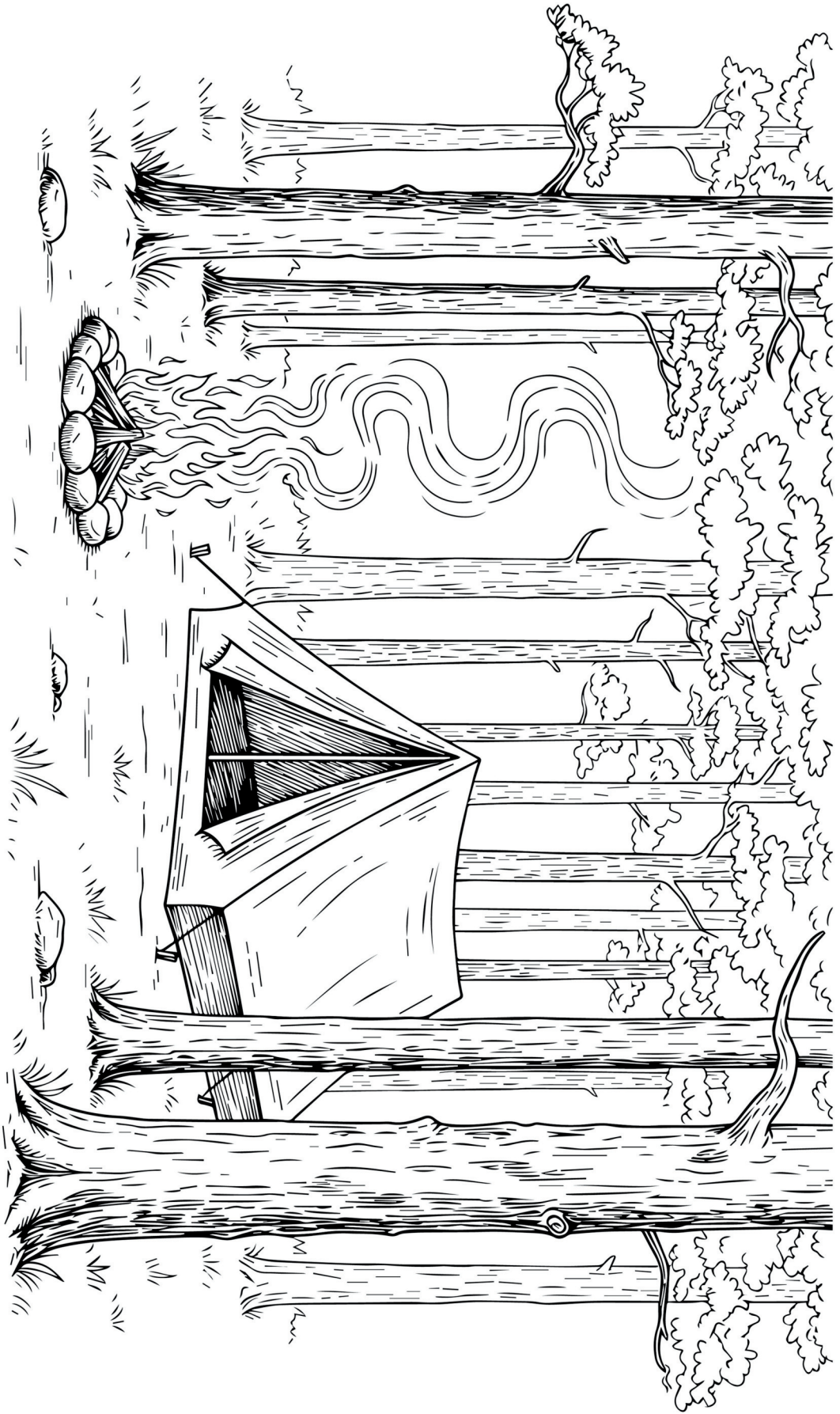
$\frac{A}{12}$ $\frac{\quad}{26}$ $\frac{\quad}{11}$ $\frac{\quad}{11}$ $\frac{\quad}{22}$ $\frac{\quad}{11}$ $\frac{\quad}{7}$

$\frac{\quad}{12}$ $\frac{\quad}{7}$ $\frac{\quad}{1}$ $\frac{\quad}{24}$ $\frac{\quad}{23}$ $\frac{\quad}{21}$ $\frac{\quad}{12}$ $\frac{\quad}{15}$ $\frac{\quad}{24}$ $\frac{\quad}{1}$ $\frac{\quad}{20}$ $\frac{\quad}{12}$ $\frac{\quad}{7}$ $\frac{\quad}{5}$

$\frac{\quad}{24}$ $\frac{\quad}{1}$ $\frac{\quad}{24}$ $\frac{\quad}{9}$ $\frac{\quad}{24}$ $\frac{\quad}{14}$ $\frac{\quad}{25}$ $\frac{\quad}{11}$ $\frac{\quad}{9}$ $\frac{\quad}{9}$ $\frac{\quad}{24}$ $\frac{\quad}{26}$ $\frac{\quad}{17}$ $\frac{\quad}{8}$

$\frac{\quad}{1}$ $\frac{\quad}{11}$ $\frac{\quad}{25}$ $\frac{U}{18}$ $\frac{\quad}{1}$ $\frac{\quad}{5}$ $\frac{\quad}{11}$ $\frac{\quad}{6}$ $\frac{\quad}{7}$





SOLUTIONS

Trivia Answer: D

Pompeii was buried under 13 to 20 feet of volcanic ash and pumice in the eruption of Mt. Vesuvius in 79AD

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

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

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

1 E
 2 B L E N D S
 3 C L O V E S
 4 P L N
 5 L C
 6 L A V E N D E R
 7 D E R
 8 H O L L I S
 9 W E L L S
 10 O I L S
 11 A R O M A T H E R A P Y
 12 S C E N T

A B C D E F G H I J K L M
 12 26 4 5 8 13 23 3 24 19 22 17 14

N O P Q R S T U V W X Y Z
 7 11 25 2 21 9 1 18 15 6 10 20 16

I A M R E A D I N G
 24 12 14 21 8 12 5 24 7 23

A B O O K O N
 12 26 11 11 22 11 7

A N T I - G R A V I T Y A N D
 12 7 1 24 23 21 12 15 24 1 20 12 7 5

I T I S I M P O S S I B L E
 24 1 24 9 24 14 25 11 9 9 24 26 17 8

T O P U T D O W N
 1 11 25 18 1 5 11 6 7