

# Daily Delight

MONDAY • JULY 20 • 2026

## National Moon Day

“One small step for man, one giant leap for mankind.” On July 20th, 1969, at 10:56 p.m., Neil Armstrong spoke those words as he became the first man to walk on the moon. The Apollo program and the Apollo 11 mission fulfilled President John F. Kennedy’s plan to have an American on the Moon by the end of the 1960s. During the time the Apollo program was active, a total of twelve astronauts walked on the surface of the moon.

The Apollo program was shut down in December 1972 after the successful, final manned landing of Apollo 17. That mission was the last time mankind stepped foot on the moon. Today, our flag still stands on the lunar surface as a testament to the American spirit and the bravery of the first astronauts.



## Today in History



In 1969, Neil Armstrong and Buzz Aldrin landed on the surface of the moon, carried by Apollo 11. Both astronauts walked on the moon seven hours after they landed. Armstrong was the 1st man to walk on the moon and said “That’s one small step for man, one giant leap for mankind.”

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## DID YOU KNOW?

### Your Brain on Cholesterol

Cholesterol isn't always bad. 25% of the cholesterol in your body is used by the brain, where it aids in "membrane function, acts as an antioxidant, and serves as the raw material from which we can make things like progesterone, estrogen, cortisol, testosterone, and even vitamin D." Research shows that older adults with higher cholesterol levels have better overall memory function and a lower risk of depression and death.

## TRIVIA

What classical composer is often referred to as the "Waltz King"?

- A** Wolfgang Amadeus Mozart
- B** Johannes Brahms
- C** Johann Strauss
- D** Richard Strauss

## TODAY'S FUNNY

I'm good at fireworks displays.

*I guess you could say, I've got a flare for it!*

## TODAY'S WISDOM

*"A best friend is like a four-leaf clover: hard to find, lucky to have."  
-Irish Proverb*

# WORD SEARCH

## Climb Any Mountain



Altitude

Cliff

Elevation

Heights

Peak

Natural

Majestic

Mountain

Treasure

Views

Wonders

Terrain

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

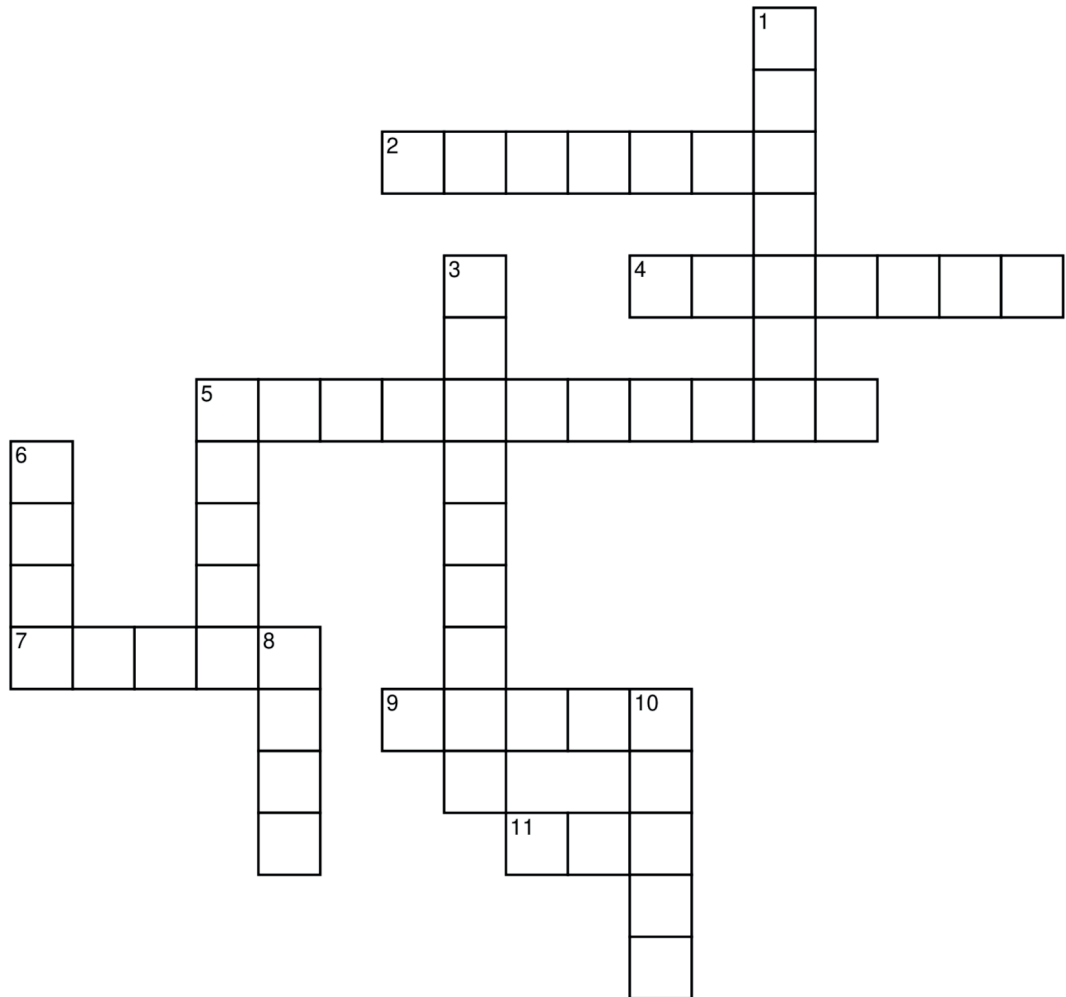
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   | 3 | 6 |
|   |   |   | 3 |   |   |   | 7 |   |
|   |   |   |   |   | 7 |   |   | 8 |
| 7 | 1 |   |   | 4 | 8 | 5 |   | 3 |
| 5 |   | 8 | 2 | 3 |   |   | 1 | 7 |
|   | 3 | 2 | 1 |   |   | 6 | 8 | 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

## 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

## Spa



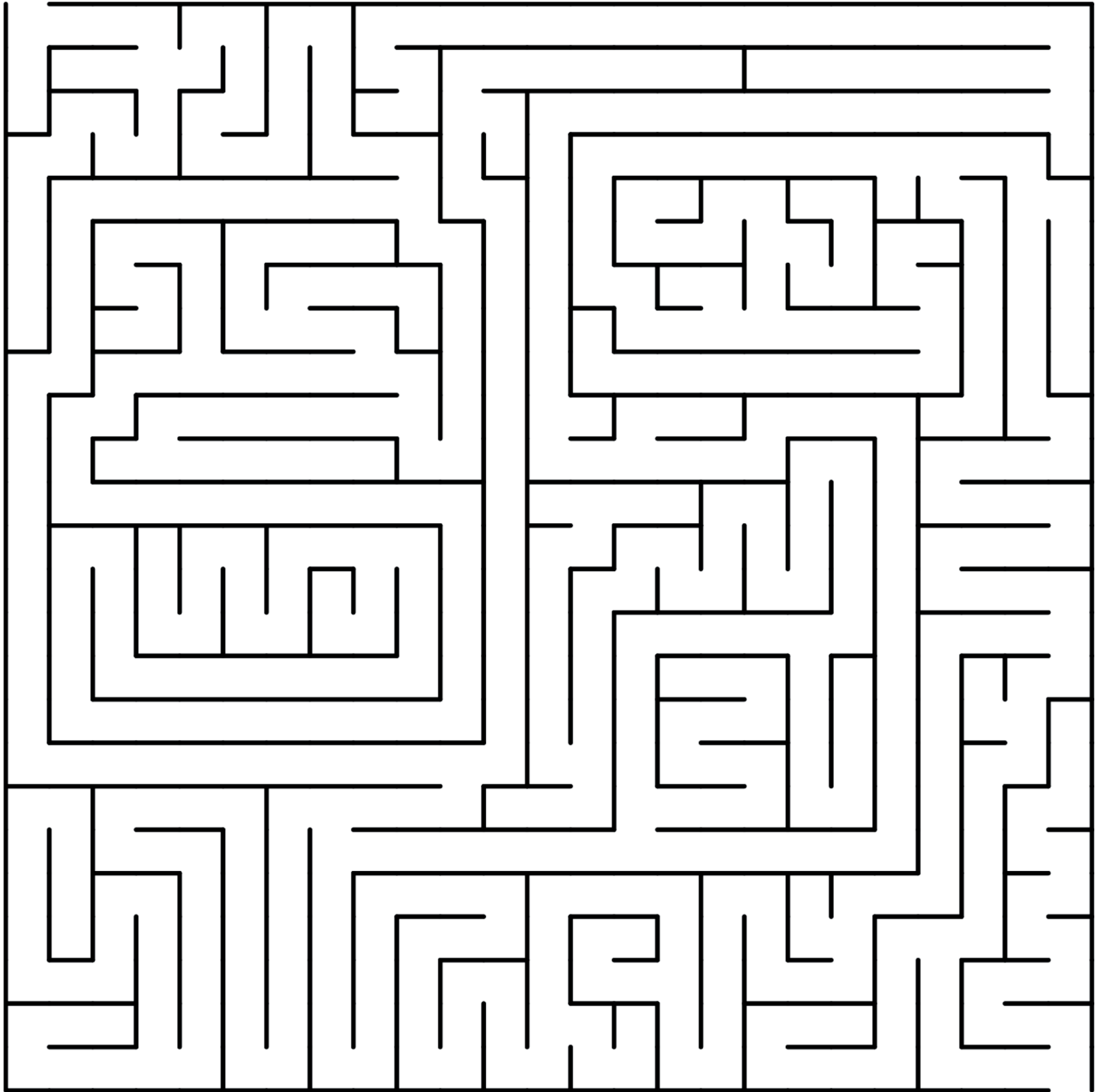
### Across

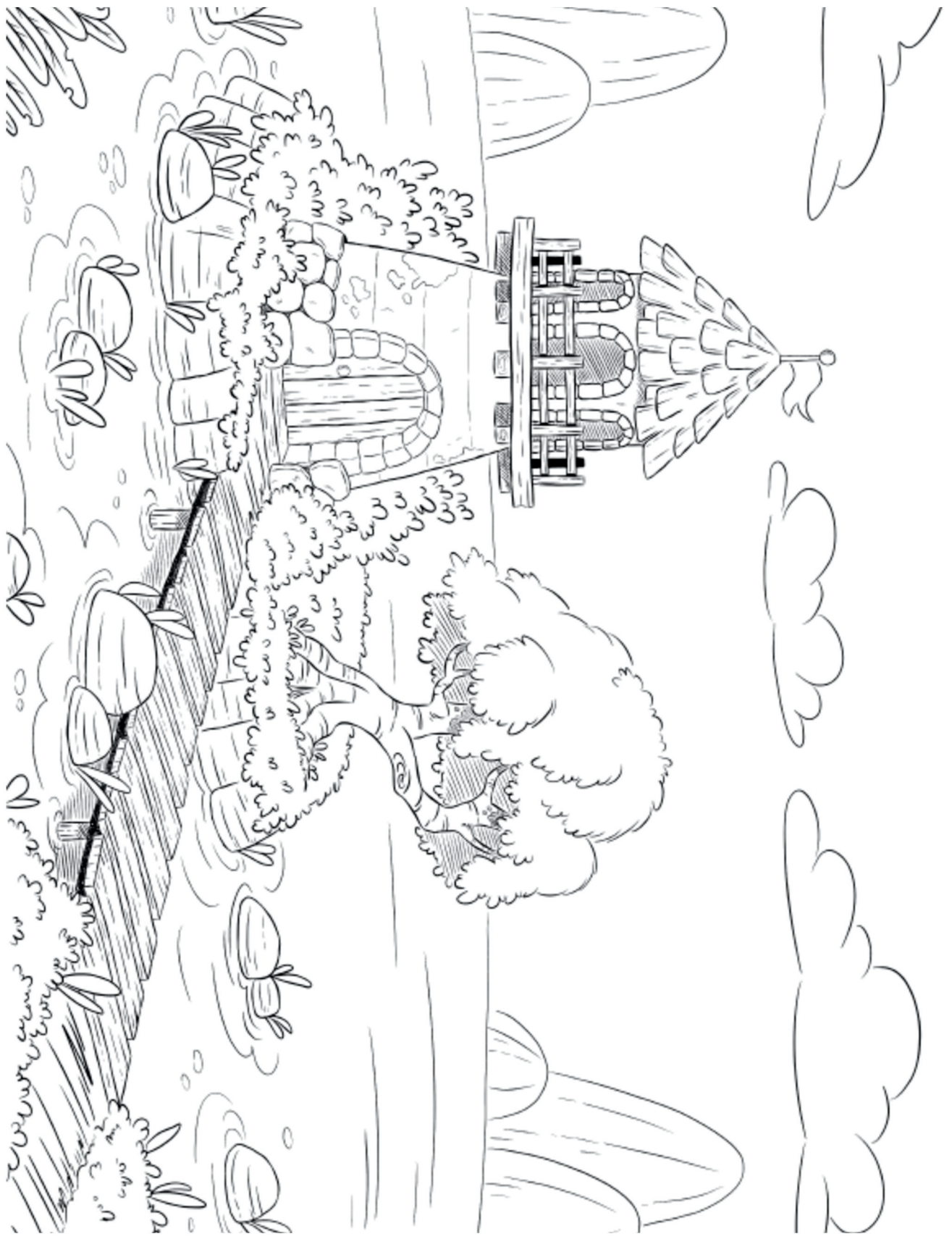
- [2] Customers
- [4] Suds maker
- [5] Used after shampoo
- [7] Dentist's directive
- [9] Says goodbye without words
- [11] Coagulate

### Down

- [1] Whirlpool alternative
- [3] Salon staple for volume
- [5] Ringlets
- [6] Tool with teeth
- [8] Head covering
- [10] Boutique

# MAZE





# SOLUTIONS

## Trivia Answer: C

Johann Strauss (sometimes known as Johann Strauss II or Johann Strauss, the Younger) was an incredibly successful composer best known for his operettas and Viennese waltzes which earned him the title “The Waltz King”.

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

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

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

