

Daily Delight

SUNDAY • JULY 26 • 2026

National All or Nothing Day

We've all heard the phrase "it's all or nothing," and today is the right day to put your all into everything you do. It's true. Sometimes it is easier said than done. Today serves as a reminder to seize the moment, embrace new things, and live life to the fullest. National All or Nothing Day acknowledges the courage and confidence it takes to break free from routine and embrace the joy of living in the present. And what does this do for you?

Simply put, it asks you to pause and cherish all the richness of life's experiences. If you're looking for another way to celebrate National All or Nothing Day, might we recommend singing along to Frank Sinatra's song "All or Nothing"?



Today in History



In 1990, the American daytime television soap opera *General Hospital* recorded its 7,000th episode. Originally a half-hour serial, the show has been broadcast on ABC since April 1, 1963. *General Hospital* was listed as one of *Time* magazine's "100 Best TV Shows of All Time" in 2007.

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



DID YOU KNOW? Close but No Cigar

This popular idiom originated from the practice of giving cigars as prizes at carnivals in the 1920s; those who did not win would fail to receive a cigar, even if they came close. The games were targeted at adults and not children. Carnival games were very difficult to win, and the stand owner would shout the phrase when the player miserably failed to win. Hence, no cigar as a reward

TRIVIA

Which Disney film was inspired by the works of Carlo Collodi?

- A** Pinocchio
- B** The Lion King
- C** Aladdin
- D** Little Mermaid

TODAY'S FUNNY

Not everyone enjoys singing ensembles...

It's an 'a-choir-ed' taste.

TODAY'S WISDOM

"Never give up on what you really want to do. A person with big dreams is more powerful than one with all the facts."

- H. Jackson Brown, Jr.

WORD SEARCH

Coloring in a Book

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

Activity

Adult

Books

Children

Crayon

Creativity

Leisure

Pastel

Pencils

Popular

Therapeutic

Vibrant

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.

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

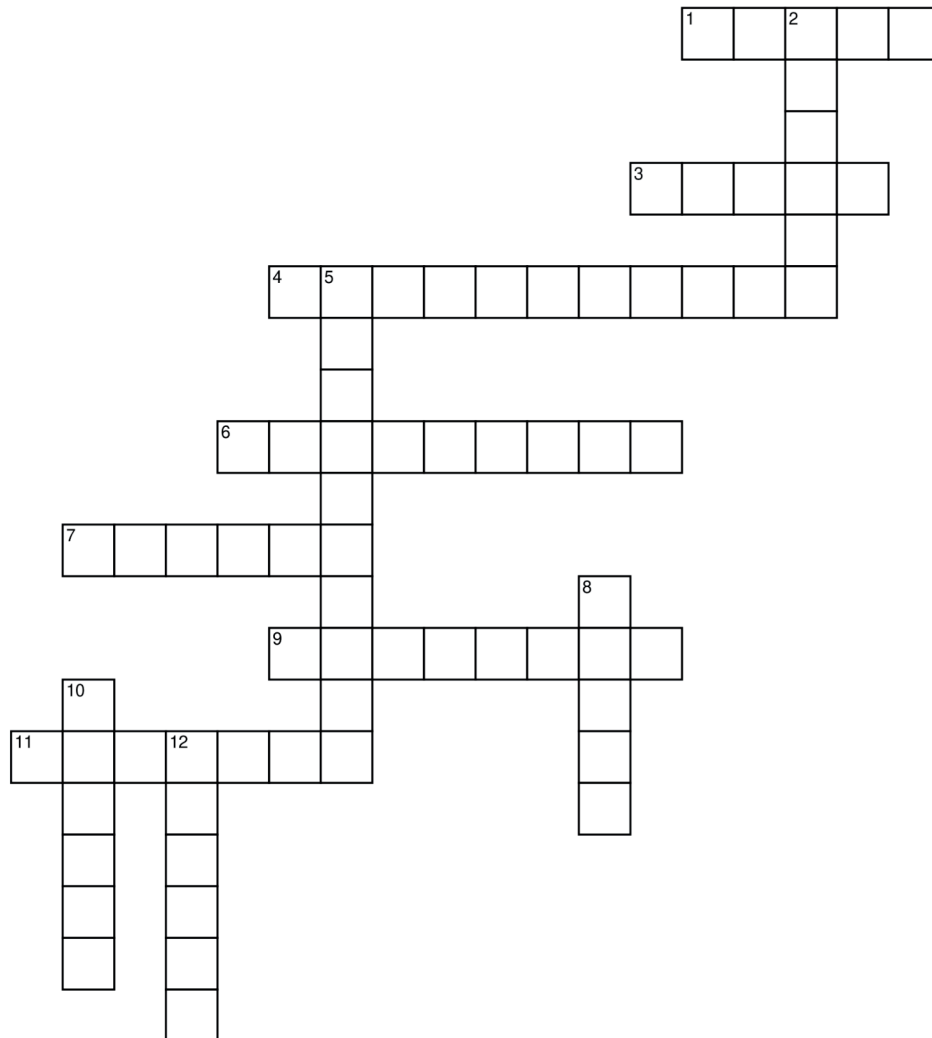
9			8	3	4		2	
	4	6			2	5	8	
2		1	5		9			7
4	9		3	5		6		8
		8			6			3
5			1	9	8			
		4		7	5	8	6	
		9	6					1
6	2	7	4			3	9	

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

Commerce



Across

- [1] Occupation
- [3] Interest _____
- [4] Financial burdens
- [6] People owed money to
- [7] Bring in
- [9] Economic upturn

Down

- [2] Personal Wealth
- [5] Savings account
- [8] Charge
- [10] More than suggest
- [12] Ship overseas

TEST YOUR KNOWLEDGE

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

Which American Revolutionary officer was hanged in 1776 for spying on the British?

- A. Francis Marion
- B. Nathan Hale
- C. Thomas Hickey

Which U.S. state featured a joint capital?

- A. New York
- B. Illinois
- C. Connecticut

Solve the math problems:

$$\begin{array}{r} 32 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 563 \\ + 78 \\ \hline \end{array}$$

$$\begin{array}{r} 786 \\ - 265 \\ \hline \end{array}$$

$$\begin{array}{r} 144 \\ \div 9 \\ \hline \end{array}$$

What was the nation's first interracial, coeducational college?



SOLUTIONS

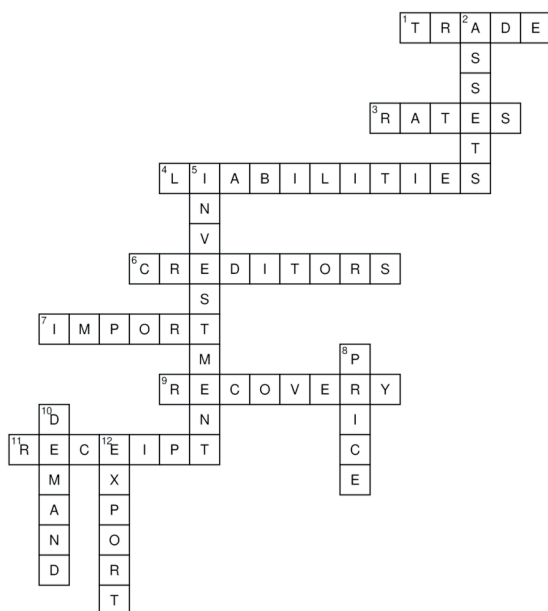
Trivia Answer: A

"Pinocchio" was based on the 1883 Italian children's novel "The Adventures of Pinocchio" by Italian author Carlo Collodi.

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

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

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



Answer:

B. Nathan Hale

Answer:

C. Connecticut

$$\begin{array}{r} 32 \\ \times 8 \\ \hline 256 \end{array}$$

$$\begin{array}{r} 563 \\ + 78 \\ \hline 641 \end{array}$$

$$\begin{array}{r} 786 \\ - 265 \\ \hline 521 \end{array}$$

$$\begin{array}{r} 144 \\ \div 9 \\ \hline 16 \end{array}$$

Answer:

Oberlin College, in Oberlin, Ohio, was founded in 1833 as an interracial and coeducational place of learning.