

Daily Delight

TUESDAY • JULY 7 • 2026

International Peace and Love Day

A journalist asked Ringo Starr, the drummer from The Beatles, what he wanted for his 68th birthday in 2008. His response was, “Peace and Love.” Each year, International Peace and Love Day has been celebrated on July 7th to spread just that.

Cultures around the world indeed have different concepts of peace. The Japanese see peace as ‘Heiwa’ or “aligning oneself to the common good.” The Zulu people teach in ‘Ubuntu’ that all humanity is linked, and the Hebrew tradition of ‘Shalom’ translates to “unity and prosperity, with a sense of wholeness arising from justice.” The desire for peace and harmony seems to transcend cultural barriers. However, you define these philosophies, spread some positivity to everyone you meet today and every day.



Today in History



In 1928, sliced bread was sold for the first time. The machine was invented by American inventor Otto Frederick Rohwedder and was described as the greatest forward step in the baking industry. Sliced bread became commercially available throughout the world.

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



DID YOU KNOW?

Scientific Endeavors

At least three detailed scientific studies have attempted to determine the number of licks required to reach the Tootsie Roll center of a Tootsie Pop. A group of engineering students from Purdue University reported that its licking machine, modeled after a human tongue, took an average of 364 licks, whereas the University of Michigan recorded 411 licks, and Bellarmine University said their findings varied by gender and color of the pop. We may never know how many licks it takes.

TRIVIA

Which of these is the second most spoken language in Spain?

A Basque

B English

C Galician

D Catalan

TODAY'S FUNNY

Why did Cinderella get kicked off the baseball team?

Because she always ran away from the ball!

TODAY'S WISDOM

"Yesterday's home runs don't win today's games."

- Babe Ruth

WORD SEARCH

Waffling

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

Appliance

Batter

Belgian

Breakfast

Delicious

Impressed

Iron

Patent

Invention

Waffle

Yummy

Recipe

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.

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

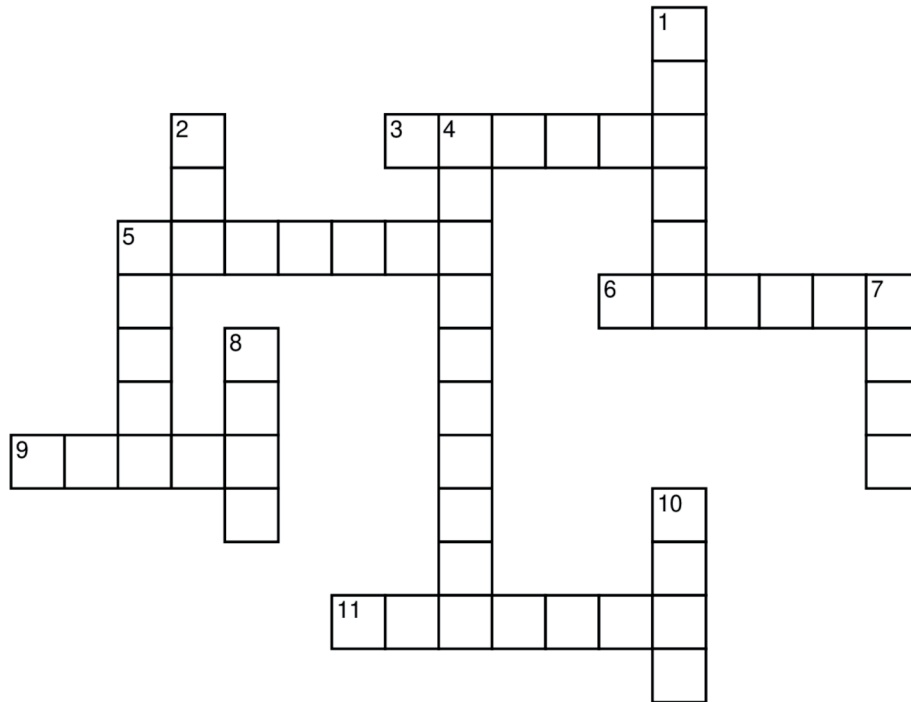
					1			
8					3	2	7	
		6		5				4
				2			1	7
1	3		4					8
6	7		3	1			4	
7	5			6			2	
		1	8			7	5	
2			9		5			1

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

Earthly Dwellings



Across

- [3] Eden, for one
- [5] Natural home
- [6] Barren landscape
- [9] The Atlantic for one
- [11] Grazing areas

Down

- [1] Mowgli's home
- [2] The big blue
- [4] Setting for "Happy Feet"
- [5] Monopoly purchase
- [7] Conifer
- [8] Beach deposit
- [10] Name of two presidents

Conversation Starters

Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

What do you think is the greatest technological advancement in your lifetime?

If you could invent something, what would it be?

How has technology changed your life?



