

Daily Delight

SATURDAY • AUGUST 22 • 2026

Be an Angel Day

Put on your halo and wings. Then, display angelic behavior. Today is Be an Angel Day. This August 22 holiday encourages us to do acts of kindness and to help others. Jayne Howard Feldman, the creator of this day, says she was inspired by angels to create this day on August 22. The objective of this day is to be like an angel and do something good or kind for someone. It encourages us to be good servants by doing good things for others.

It is intended to do something nice or kind for someone who needs help. The type of angelic help you can offer is not defined or limited. It can be physical, emotional, or spiritual. Be an Angel Day is for both the giver and the receiver.



Today in History



In 1950, athlete Althea Gibson became the first African American competitor in a US national tennis competition. She won the French Open in 1956. Gibson was inducted into the International Tennis Hall of Fame in 1971, as well as the International Women's Sports Hall of Fame in 1980.

senior **living**
activity assistant

powered by **spectrio**



DID YOU KNOW? Now the Vacuuming Does Seem so Loud

Planet Earth is full of loud animals. Howler monkey cries can be as loud as gunshots, and some species of bats emit high frequencies that could be harmful to us if they were low enough to hear. But nobody holds a candle to the sperm whale, whose clicks and calls have been measured as high as 230 decibels. That number drops significantly if the sound is traveling through air, but at 170 decibels, it's still ear-shattering.

TRIVIA

Which U.S. state capital is the "Mile High City"?

- A** Denver
- B** Boise
- C** Helena
- D** Albuquerque

TODAY'S FUNNY

What is a cat's favorite movie?

The Sound of Mewsic!

TODAY'S WISDOM

*"You have to train your brain to be positive,
just like you work out your body."*

- Shawn Achor

WORD SEARCH

Wonderfully Weird

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

Weirdo

Atypical

Abnormal

Interesting

Uncommon

Abstract

Wonderful

Celebrated

Unique

Weirdness

Different

Fun

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.

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

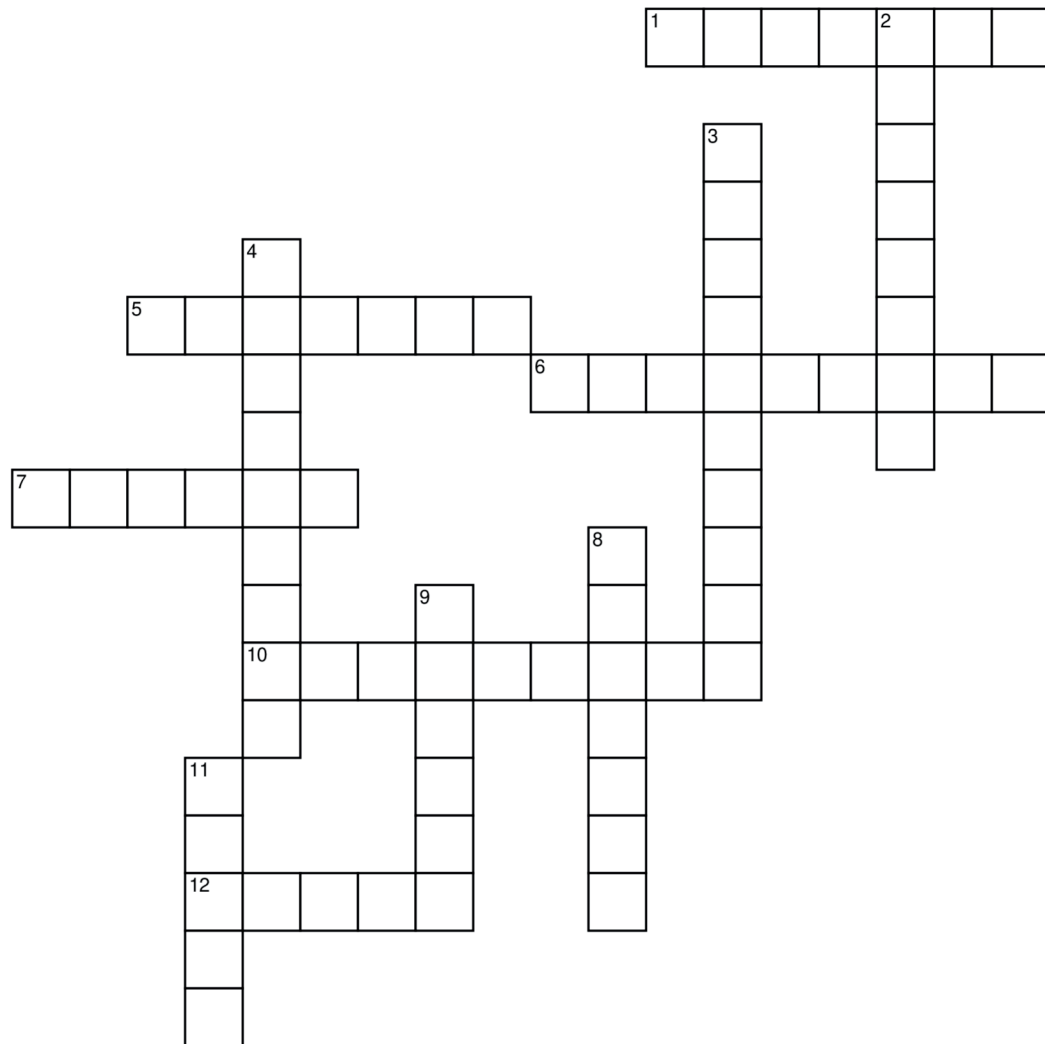
3				2		6		
	6	7					9	
					6	3		
	1	6	2				8	
4			8				6	5
		5	7				1	2
	2	9	3	8			4	
6		3	5	1	2		7	9
	5	8			4	2		

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

Parts of a Library



Across

- [1] Safekeeping
- [5] Storage units
- [6] Apple Inc's field
- [7] Seats
- [10] Periodicals
- [12] Bound to be sold

Down

- [2] Historical records
- [3] Daily journals
- [4] Facilities
- [8] Book processor
- [9] Furniture items
- [11] Vestibule

CRYPTOGRAM

Each number stands for a letter. The correlating number for 3 of the letters have 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
3					7							

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
								18				

17	18	17	26	23	1	19	25	6	12	23	11	4
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19	3	18	17	17	18	17	26
----	---	----	----	----	----	----	----

13	3	6	1	17	22	25	21	11	6
----	---	---	---	----	----	----	----	----	---

1	19	17	21	25	22	17	11	7
---	----	----	----	----	----	----	----	---

7	17	3	26
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SOLUTIONS

Trivia Answer: A

A stone on Denver's state capitol steps is labeled as a mile high.

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

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

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

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

A B C D E F G H I J K L M
3 15 9 22 17 7 12 19 25 14 20 10 5

N O P Q R S T U V W X Y Z
6 11 24 16 26 21 1 4 18 13 8 23 2

E V E R Y T H I N G Y O U
17 18 17 26 23 1 19 25 6 12 23 11 4

H A V E E V E R
19 3 18 17 17 18 17 26

W A N T E D I S O N
13 3 6 1 17 22 25 21 11 6

T H E S I D E O F
1 19 17 21 25 22 17 11 7

F E A R
7 17 3 26