

Daily Delight

SATURDAY • AUGUST 8 • 2026

International Cat Day

International Cat Day is truly an international day, as it is celebrated in most countries around the world. It is a special day to celebrate domestic cats of all kinds. According to the sponsors, on this day, “cat lovers around the world unite in a celebration of cats.” This is a day to enjoy our beloved feline pets and to pamper them. If you are a cat lover, spend some extra time together.

Give your cat a new toy or a new bandana. As you pamper your cat, don't forget to give your cat a special meal and treat. Don't forget to take a picture of you and your cat and post it on social media. Don't have a cat? Celebrate this day by going to your local animal shelter and adopting a cat.



Today in History



In 1950, American swimmer Florence Chadwick swam the English Channel in a record time of 13 hours and 23 minutes. She set numerous long-distance swimming records over the course of her career. Chadwick was also the first woman to swim the Dardanelles on a round trip.

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



DID YOU KNOW?

Cut to the Chase

The phrase "cut to the chase" originated in the US film industry from the silent picture era. It was first used as a screen direction. In the printed script direction from the 1929 Hollywood Girl: "Jannings escapes...Cut to the chase." It was a favorite of Hal Roach Sr., who is thought to have coined it, referring to a chase scene at the climax.

TRIVIA

Which system in the human body is responsible for regulating metabolism?

A Respiratory

B Lymphatic

C Endocrine

D Nervous

TODAY'S FUNNY

What do you call a fly without wings?

A walk!

TODAY'S WISDOM

"Today was good. Today was fun. Tomorrow is another one."

- Dr. Seuss

WORD SEARCH

Not What You Think



Checkers

Spaniel

Nixon

Donations

Speech

Cocker

Financial

Details

Fund

Presidential

Address

Election

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

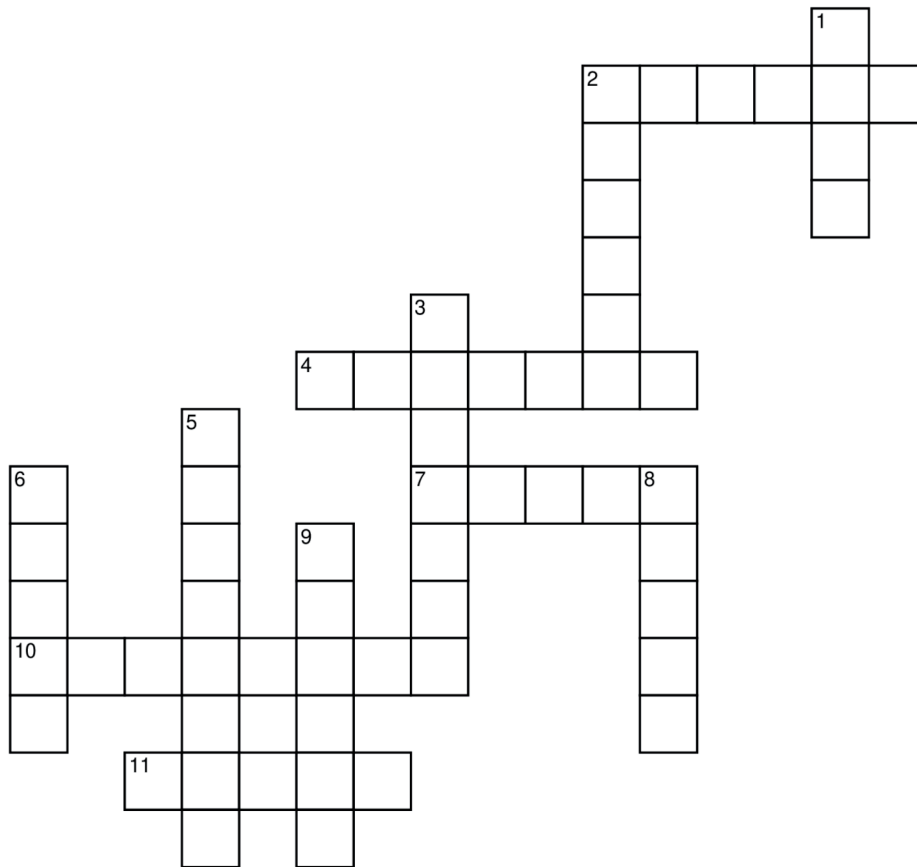
		6	9		8			
				2			3	8
			6	5		2		
	7	4		1	3			
		9		8		7		
1				7		3		4
7				4	5	9	8	
5	8		3		7			
4	9					5		7

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

State Fair



Across

- [2] King of the South
- [4] Game, competition
- [7] What DJs play
- [10] What curators curate
- [11] Board or Video _____

Down

- [1] Fuel for the body
- [2] Knitting or pottery, e.g.
- [3] Zoo inhabitants
- [5] Festival with rides
- [6] Amusement park attractions
- [8] Eye _____
- [9] Tokens of recognition

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

$$\frac{\quad}{26} \quad \frac{\quad}{19} \frac{\quad}{20} \frac{M}{23} \frac{\quad}{12} \quad \frac{\quad}{26} \quad \frac{\quad}{25} \frac{\quad}{20} \frac{\quad}{15},$$

26 3 1 13 22 1 9 15 7 20 9 26

$$\overline{15} \quad \overline{20} \quad \overline{25} \qquad \overline{2} \quad \overline{1} \quad \overline{26} \quad \overline{18} \quad \overline{22} \qquad \overline{20} \quad \overline{18} \quad \overline{2}$$
$$\begin{array}{cccc} & \text{E} & & \\ \hline 15 & 12 & 18 & 9 \end{array} \quad \begin{array}{cccc} & \text{H} & & \\ \hline 7 & 1 & 23 & 12 \end{array}$$



SOLUTIONS

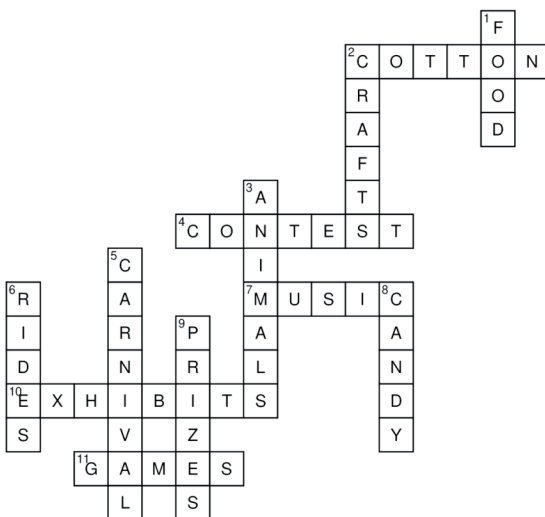
Trivia Answer: C

The hormones created and released by the glands in your body's endocrine system control nearly all the processes in your body.

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

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

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



A	B	C	D	E	F	G	H	I	J	K	L	M
20	4	19	2	12	3	22	7	26	24	8	11	23
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
18	1	17	21	13	25	9	14	10	15	5	6	16

I	C	A	M	E	I	S	A	W			
26	19	20	23	12	26	25	20	15			
I	F	O	R	G	O	T	W	H	A	T	I
26	3	1	13	22	1	9	15	7	20	9	26
W	A	S	D	O	I	N	G	A	N	D	
15	20	25	2	1	26	18	22	20	18	2	
W	E	N	T	H	O	M	E				
15	12	18	9	7	1	23	12				