

Daily Delight

SUNDAY • SEPTEMBER 13 • 2026

National National Bald is Beautiful Day

Let's honor the hairless noggins on National Bald is Beautiful Day on September 13th! Being bald brings a beauty all its own, and it also comes with some convenience. The cost of hair products and haircuts is reduced. Additionally, reduced grooming time for those who find no more hair must be a relief. In all seriousness, though, hair loss can be stressful for both men and women. Whether the cause is illness, medication, family heritage, or age, most people hope to keep their hair for as long as possible. Facing it head-on by taking off what once might have been a mantle of glory takes courage. In addition to ditching hats and scarves for a day, you can also celebrate by complimenting a friend who wears their baldness proudly or supporting someone struggling with hair loss.



Today in History



In 1881, the electric lamp with carbon filaments was invented by American inventor Lewis Howard Latimer, who also received a patent. His other inventions include an evaporative air conditioner and an improved toilet system for railroad cars called the "Water Closet for Railroad Cars."

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



DID YOU KNOW?

Nicks is Twice

Stevie Nicks, known for her work with Fleetwood Mac and as a successful solo artist, is the only female rock musician to be inducted into the Rock & Roll Hall of Fame twice. She was honored to be inducted alongside her band Fleetwood Mac in 1998, and again as a solo artist in 2019, making her the only woman among 22 men who have achieved this feat.

TRIVIA

Who invented the aqualung for SCUBA diving?

- A** Thomas Edison and James Watt
- B** The Chinese in the 12th Century
- C** Isaac Newton
- D** Jacques-Yves Cousteau and Emile Gagnan

TODAY'S FUNNY

What does pizza wear to smell good?

calzogne

TODAY'S WISDOM

"Genuine poetry can communicate before it is understood."

- T.S. Eliot

WORD SEARCH

Musical Instruments



Piano

Guitar

Drums

Violin

Trumpet

Flute

Cello

Bass

Clarinet

Harp

Organ

Trombone

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.

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

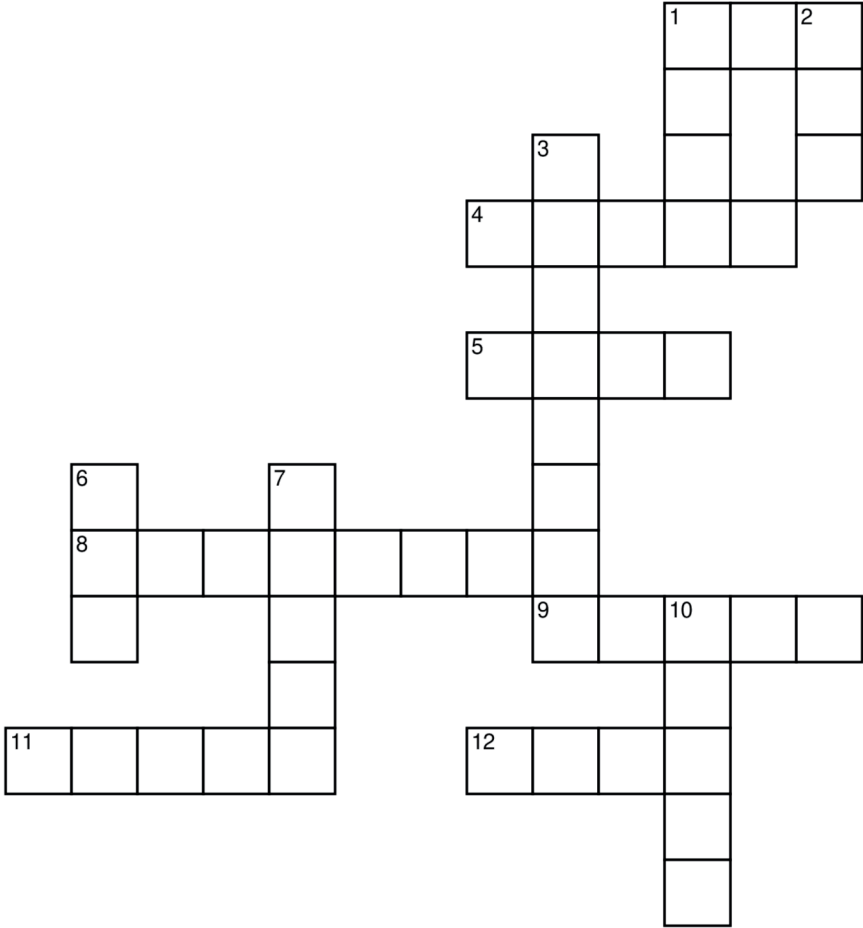
6					1			
	4			3				6
	7		8	9	6			
	9	6					2	5
	5	7	3		9	8	6	4
	2				4		9	7
7						6		3
8		4		5		2		
	6	9	4	1	3			

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

Sticky Things



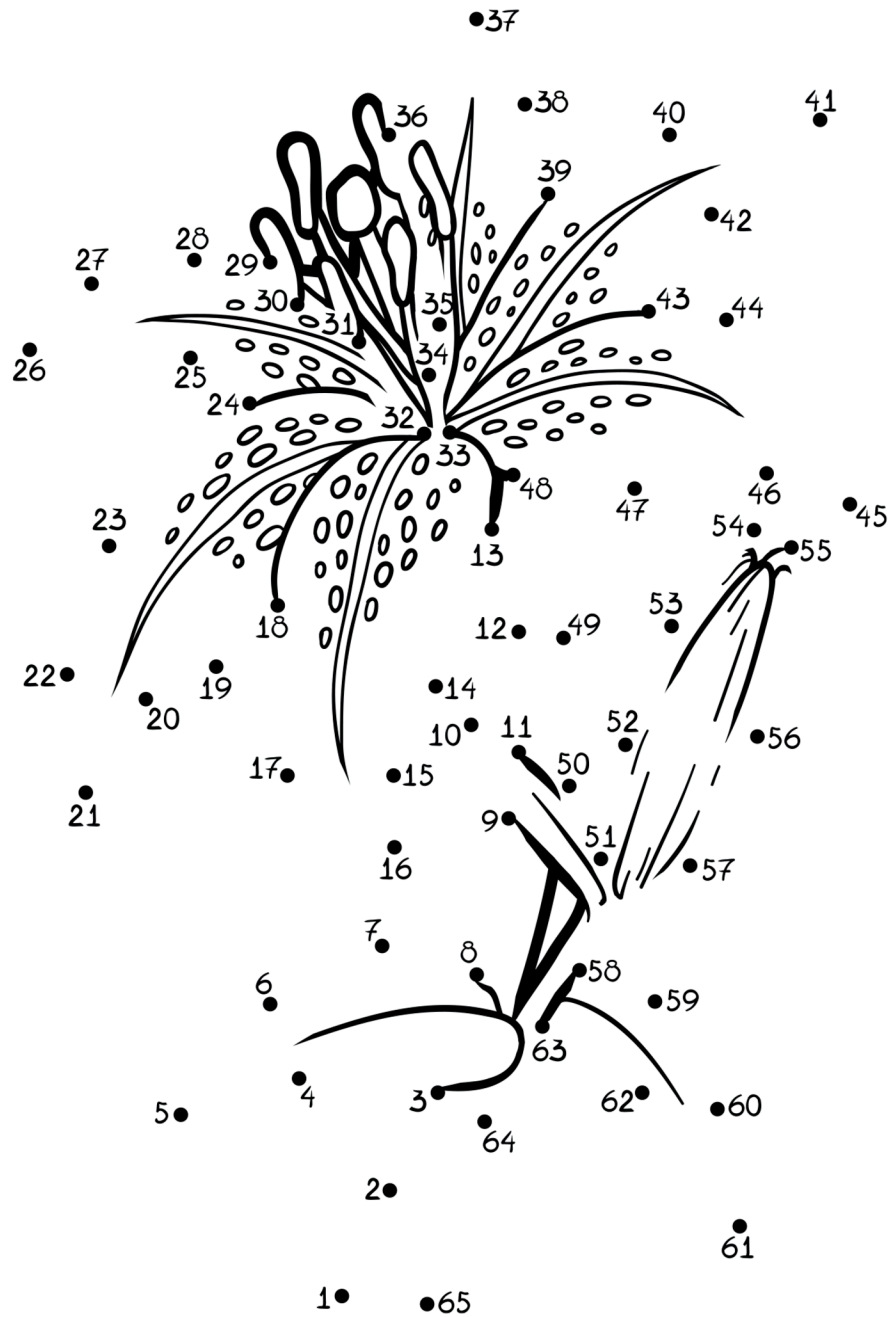
Across

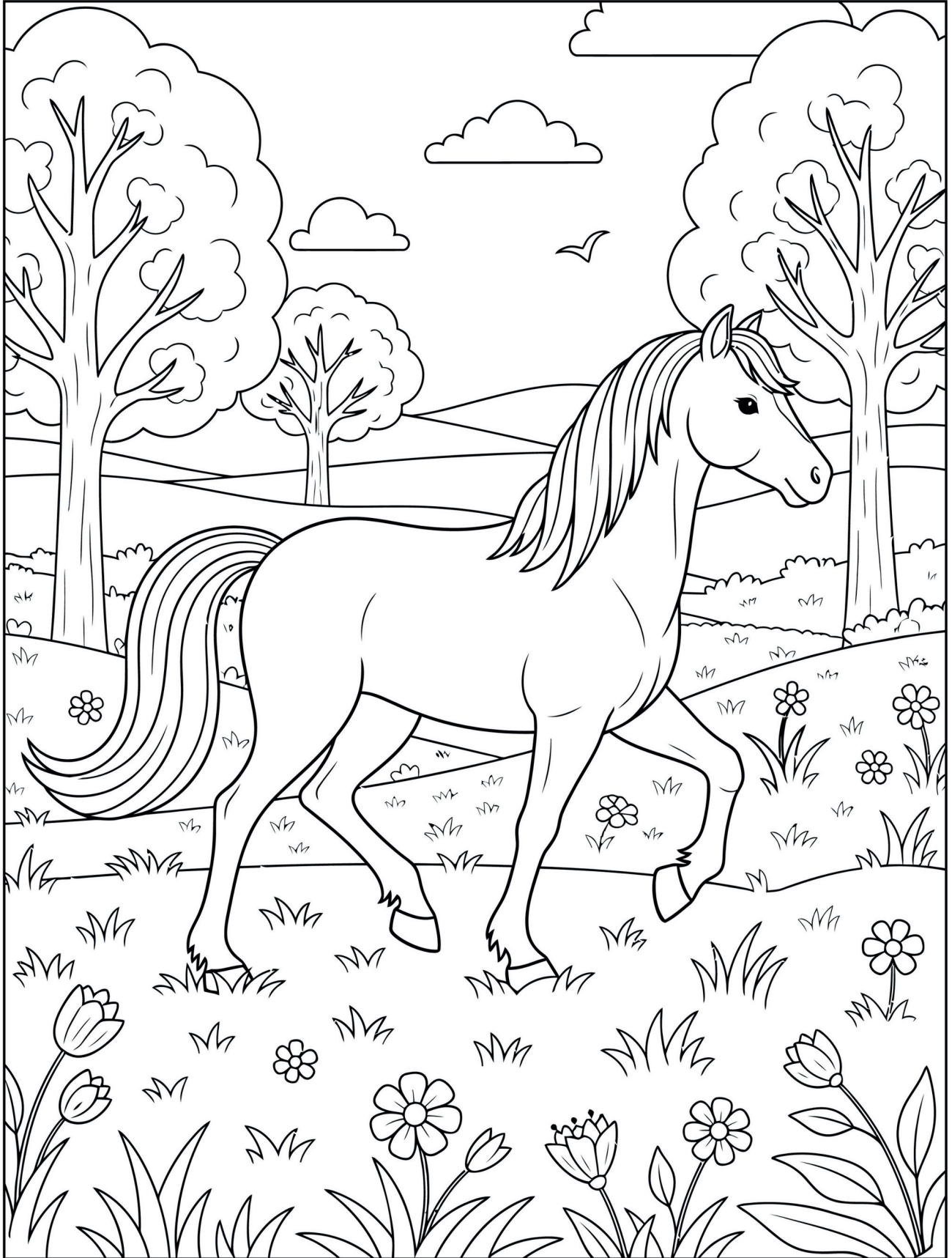
- [1]** Wrigley product
- [4]** Fly catcher
- [5]** Attach, in a way
- [8]** Makes it sticky
- [9]** Waffle topper
- [11]** Salt water _____
- [12]** Spider's creation

Down

- [1]** Kindergartener's staple
- [2]** Wet earth
- [3]** Shoofly pie ingredient
- [6]** Syrup source
- [7]** Kind of bean
- [10]** Tree sap

Connect the Dots





SOLUTIONS

Trivia Answer: D

Although various other diving apparatus existed before the aqualung, this was the first self-contained, self-regulating unit on the market.

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

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

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

