

# Daily Delight

SUNDAY • SEPTEMBER 6 • 2026

## National Read a Book Day

Get lost in a good book on September 6th, National Read a Book Day. Reading improves memory and concentration and reduces stress, which is particularly important as we age. Older adults who spend time reading show a slower cognitive decline and tend to participate in more mentally stimulating activities over their lifetime. Books are an inexpensive entertainment, educational tool, and time machine, too!

Whether you prefer to read a new book or an old favorite, share your experience by reading aloud to a grandchild, friend, or even a plant! And a good book is always a good conversation starter-maybe it's time to start a book club or meetup group, which are great ways to get ideas on something new to read as well as to tell others about the great book you just finished.



## Today in History



In 1866, abolitionist Frederick Douglass became the 1st U.S. black delegate to a national convention. He was most famous for his oratory and writing. Douglass published abolitionist newspapers, including the "North Star." He was also appointed to many public offices by the government.

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activity assistant  
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## DID YOU KNOW? Wheaties and Jordan

Wheaties, aka the Breakfast of Champions, has existed since 1924 and has featured athletes on its boxes since 1934; Lou Gehrig was the first. Over 90 years of sporty branding, there have been a few repeats, but Michael Jordan has graced the front of the box the most, at 19 times over 30 years. The five-time NBA MVP and Space Jam star most recently appeared on a box design commemorating the cereal's 100th anniversary.

## TRIVIA

What car manufacturer uses four linked circle as their logo?

**A** Rolls Royce

**B** Ford

**C** Audi

**D** Toyota

## TODAY'S FUNNY

Did you hear about the new squirrel diet?

*It's just nuts.*

## TODAY'S WISDOM

*"He was a bold man who first ate an oyster."  
- Jonathan Swift*

# WORD SEARCH

## Dinosaurs



Dinosaur

Trex

Stegosaurus

Triceratops

Velociraptor

Brachiosaurus

Fossil

Prehistoric

Extinct

Bones

Egg

Jurassic

# 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.

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

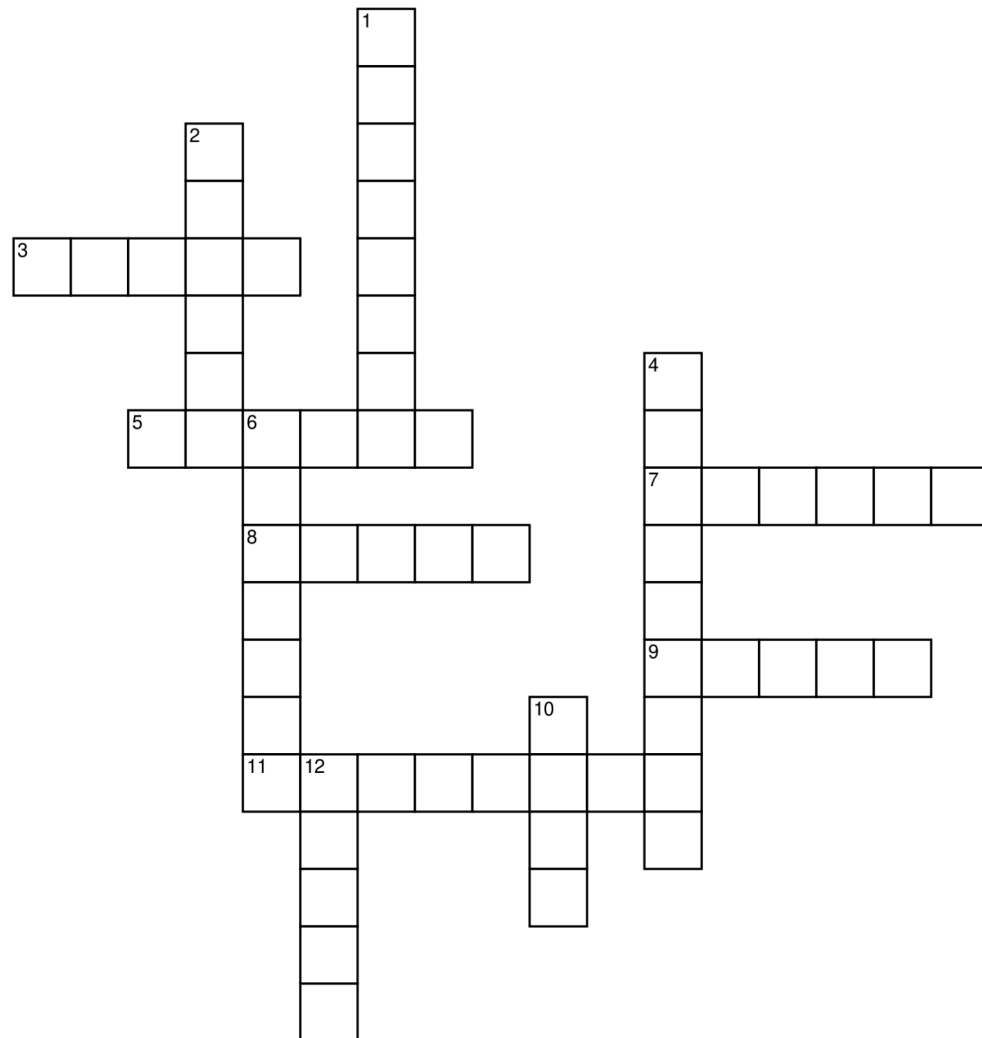
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 7 |   |   |   |   | 5 |
|   |   |   |   | 9 |   |   | 3 | 7 |
|   | 6 |   |   | 3 |   |   | 9 |   |
| 5 |   | 1 | 3 | 2 | 6 | 4 |   |   |
|   | 3 | 2 | 5 | 8 |   | 1 |   |   |
| 8 | 4 |   |   |   |   | 5 |   | 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

## Things with Legs



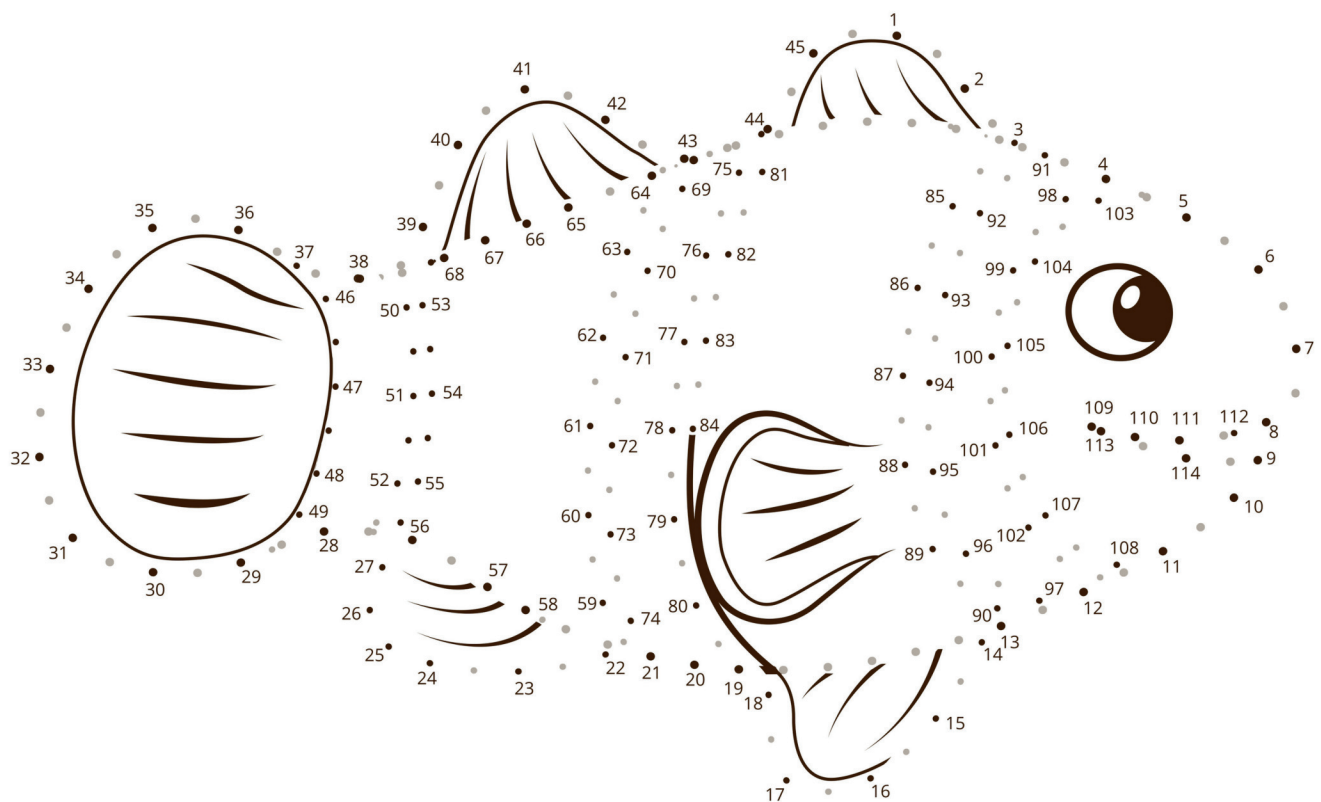
### Across

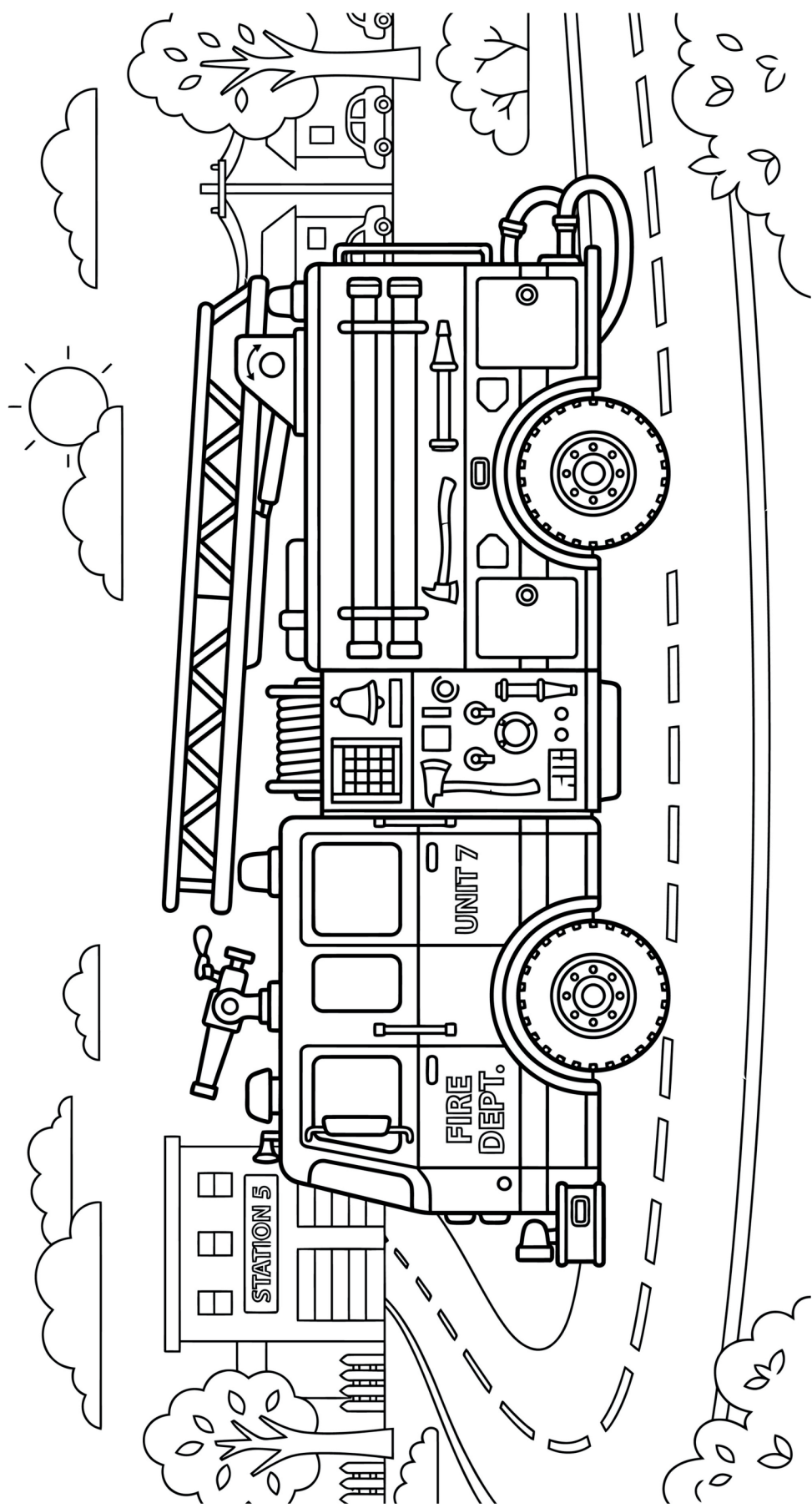
- [3] Dining room centerpiece
- [5] Artist easel
- [7] Gives you a leg up
- [8] Bar seat
- [9] Trousers
- [11] Construction site sight

### Down

- [1] Aussie hopper
- [2] Ambulatory aid
- [4] Thousand-legger
- [6] Creepy-crawlies
- [10] Type of house
- [12] Tush rest

# Connect the Dots





# SOLUTIONS

## Trivia Answer: C

Audi is part of the Volkswagen Group. Its headquarters are in Germany.

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

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

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

