

# Daily Delight

THURSDAY • OCTOBER 1 • 2026

## International Day For The Elderly

Designated in 1990 by the United Nations, October 1st is the International Day for the Elderly. This day is dedicated to honoring, respecting, and caring for older generations worldwide. With the UN noting that "one of every 10 people is now 60 or older," recognizing this growing demographic is increasingly important.

This observance aims to raise awareness of the immense value seniors bring to our communities. As pillars of society, they pass down essential knowledge, uphold cultural traditions, and guide younger generations. Take a moment today to show some extra love and gratitude to the seniors in your life!



## Today in History



In 1868, "Little Women" by Louisa May Alcott was published in the U.S. It, along with the sequels, "Little Men" and "Jo's Boys", were semi-autobiographical. The daughter of a transcendentalist, Alcott was also a feminist and an abolitionist, reflecting her views in her writing.

senior **living**  
activity assistant

powered by **spectrio**



## DID YOU KNOW?

### Heels Were For Men, Too

Worn by French, Spanish, German, and Russian courts in the 16th century to intimidate rivals and foreign diplomats in court. Persian soldiers in the 10th century wore heeled boots to improve their stability and balance when riding horses and in battle. By the 18th century, men's heels became shorter and sturdier; they eventually went out of fashion as men's footwear.

## TRIVIA

Which canned soup brand popularized the green bean casserole?

- A** Amy's
- B** Progresso
- C** SPAM
- D** Campbell's

## TODAY'S FUNNY

Where do basketball players go when they need a new uniform?

*New Jersey!*

## TODAY'S WISDOM

*"Laughter is the closest distance between two people."  
- Victor Borge*

# WORD SEARCH

## Wizards and Witches



Cauldron

Enchantress

Magic

Spell

Staff

Charm

Hag

Potions

Crone

Hex

Powers

Wand

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

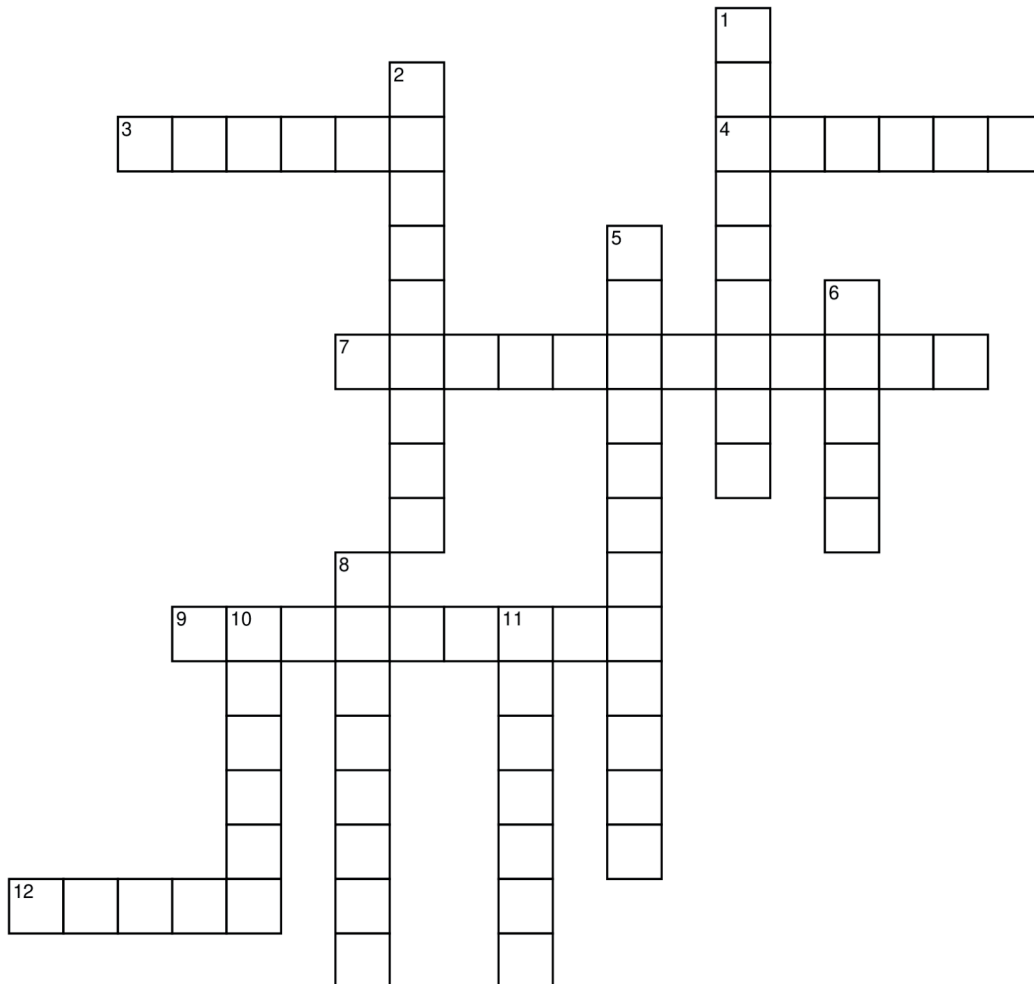
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 6 | 9 | 8 | 5 |   |   | 4 |
| 7 | 1 |   | 6 |   |   | 8 | 2 |   |
| 9 |   | 4 |   | 2 |   | 3 | 6 |   |
|   |   | 8 |   | 1 | 9 | 6 |   |   |
| 3 |   | 1 | 4 | 6 | 2 | 5 |   | 8 |
| 4 | 6 | 9 |   |   | 7 |   |   | 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

## 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

## Halloween Movies



### Across

- [3] Hitchcock classic
- [4] Sissy Spacek role
- [7] Young \_\_\_\_
- [9] Best friend is Shaggy
- [12] Star of the Exorcist, Linda

### Down

- [1] Star of "The Shining"
- [2] Silent vampire film
- [5] Ichabod Crane
- [6] Site of a chainsaw massacre
- [8] Mia Farrow role
- [10] Known as the friendly ghost
- [11] Based on Vlad the Impaler

# Spotlight Trivia

## Cultures Around The World

1. The festival known as Día de los Muertos, or 'Day of the Dead', is a vibrant celebration to honor deceased loved ones. This tradition is most famously associated with which country?  
A. Spain  
B. Brazil  
C. Mexico  
D. Argentina
  2. In Thailand, the traditional greeting is known as the 'wai'. What does this gesture typically involve?  
A. A firm handshake  
B. A slight bow with palms pressed together  
C. Kissing both cheeks  
D. Sticking out the tongue
  3. The Haka is a ceremonial dance or challenge in Māori culture, famously performed by New Zealand's national rugby team. What is the primary purpose of the Haka?  
A. To celebrate a harvest  
B. To show respect, welcome guests, or intimidate opponents  
C. To Mourn the passing of an elder  
D. To ask for rain during a drought
  4. Kimchi, a staple in its national cuisine, is a traditional side dish made from salted and fermented vegetables, most commonly napa cabbage and Korean radishes. Kimchi is from which country?  
A. Japan  
B. Vietnam  
C. China  
D. Korea
  5. The ancient city of Petra, a breathtaking archaeological site famous for its rock-cut architecture, is located in which modern-day country?  
A. Egypt  
B. Greece  
C. Jordan  
D. Turkey
-



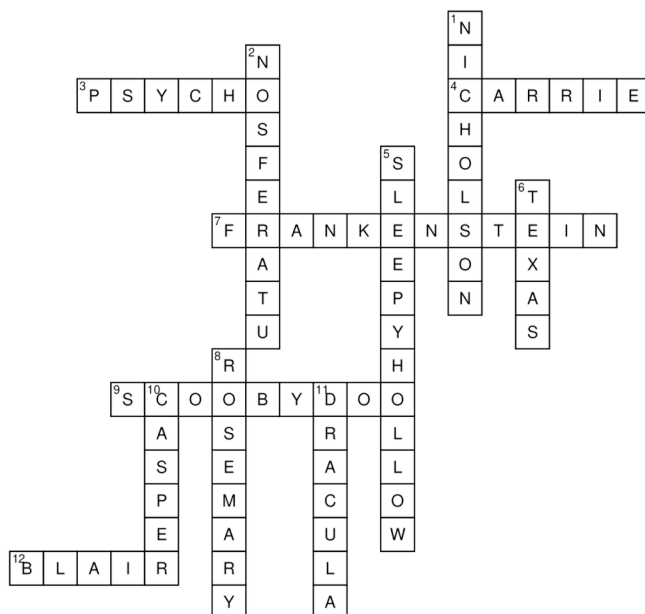
## SOLUTIONS

**Trivia Answer: D**

Popularized from a recipe created in 1955 by Dorcas Reilly at the Campbell Soup Company and printed on a soup can, the company estimates that 40% of all cream of mushroom soup goes into a version of the dish.

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

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



### Spotlight Trivia:

1. C
2. B
3. B
4. D
5. C