

Daily Delight

WEDNESDAY • SEPTEMBER 23 • 2026

National Restless Legs Awareness Day

On September 23, Restless Legs Awareness Day raises awareness of a medical condition that impacts both adults and children. First described by Swedish neurologist Professor Karl-Axel Ekbom in 1945, the syndrome is now better understood, though its exact cause often remains unknown.

Restless Legs Syndrome (RLS) is characterized by an uncontrollable urge to move the legs, typically accompanied by unpleasant crawling, pulling, or creeping sensations. Affecting up to 7% of the population, severe symptoms can significantly impact a person's quality of life. The day encourages not only education but also self-care practices like gentle exercise or leg massages, which can help manage symptoms.

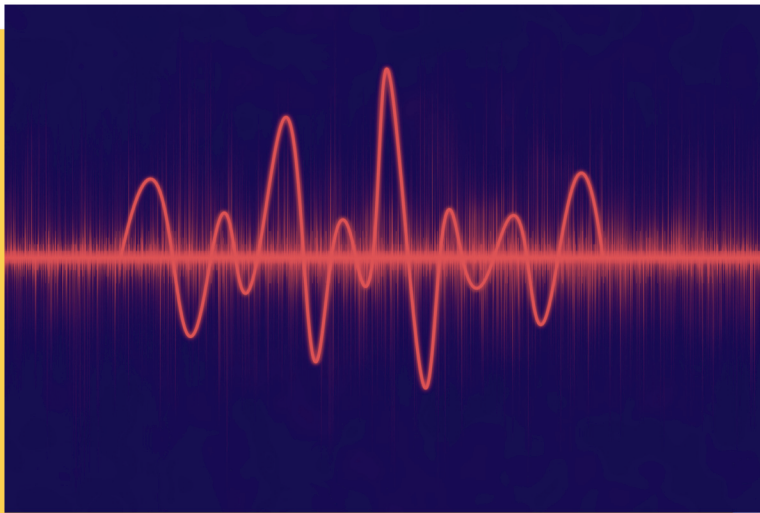


Today in History



In 1945, jazz pianist Count Basie led the first Cavalcade of Jazz outdoor concert at Wrigley Field in Los Angeles. Beginning his career on the vaudeville circuit as a solo act, Basie was the bandleader of his orchestra for almost 50 years. He earned 9 Grammys between 1958 and 1984.

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



DID YOU KNOW?

The Sound of Your Voice

Do you hate the sound of your voice? The recording of your voice is more accurate than you think. We are shocked to hear ourselves because others only hear the sound waves conducted by air, but the voice you know is a combination of external sound alongside the internal acoustics of our bones. Your voice reverberating around your skull produces rich, low pitches which don't exist externally, meaning our voices are higher than we'd like to think.

TRIVIA

What is the first month comprised of 30 days?

- A** April
- B** May
- C** January
- D** June

TODAY'S FUNNY

Does anyone want to buy a broken yo-yo?

No strings attached!

TODAY'S WISDOM

*"Your mind is not a vessel that needs filling
but kindling that needs igniting."
- Plutarch*

WORD SEARCH

On The Radio



AM FM

Radio

Broadcast

Communicate

Music

On Air

Portable

Receiver

Stereo

Transmit

Walkman

Wireless

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.

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

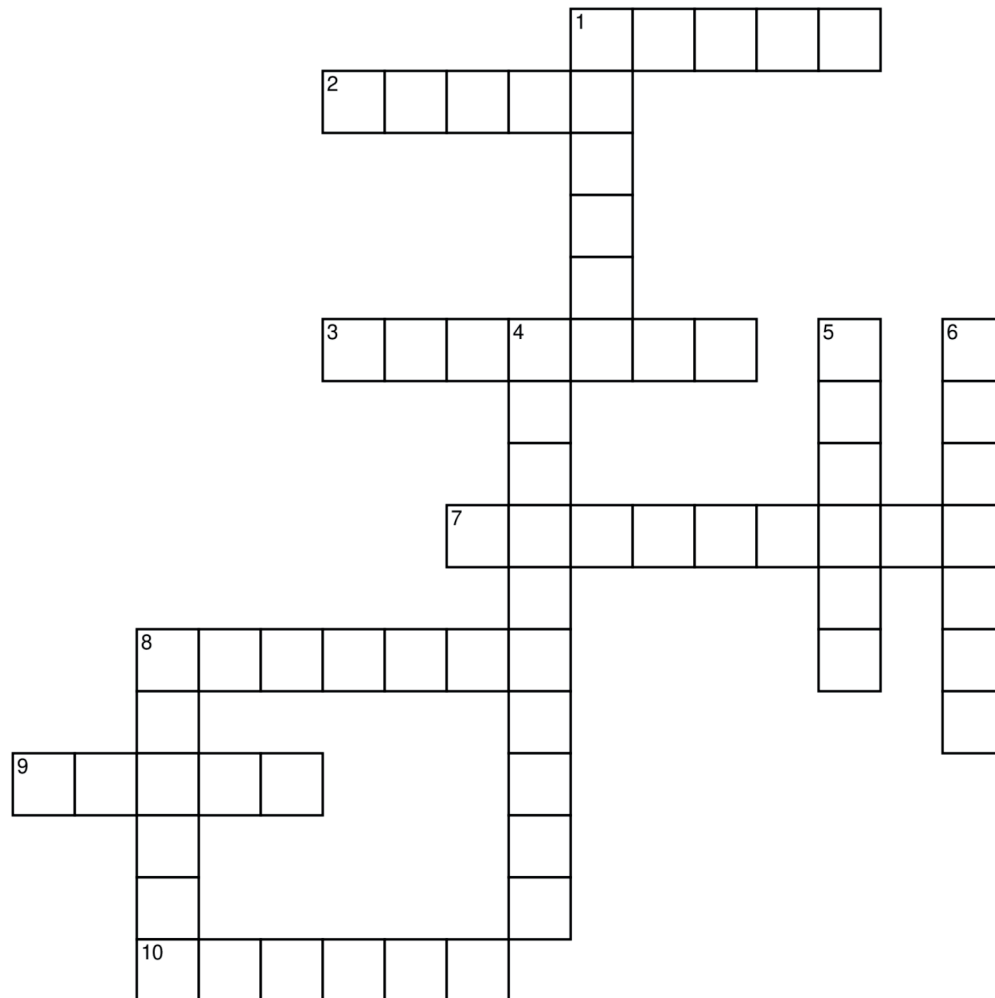
		1			2	6		
			1	9		7		8
4	3	9			7			
1							6	3
		2			1			
			9		3	4		5
	1	3		7		9		6
				8				7
	5	7		1		3		

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

Russian Things



Across

- [1] Steam bath
- [2] Clear liquor
- [3] "War and Peace" author
- [7] Stalin's doctrine
- [8] Symbol of remoteness
- [9] Russian rulers
- [10] Saint Basil e.g.

Down

- [1] Classical dance
- [4] Creamy beef dish
- [5] Fishy cracker topper
- [6] Seat of Government
- [8] From Serbia or Croatia

Conversation Starters

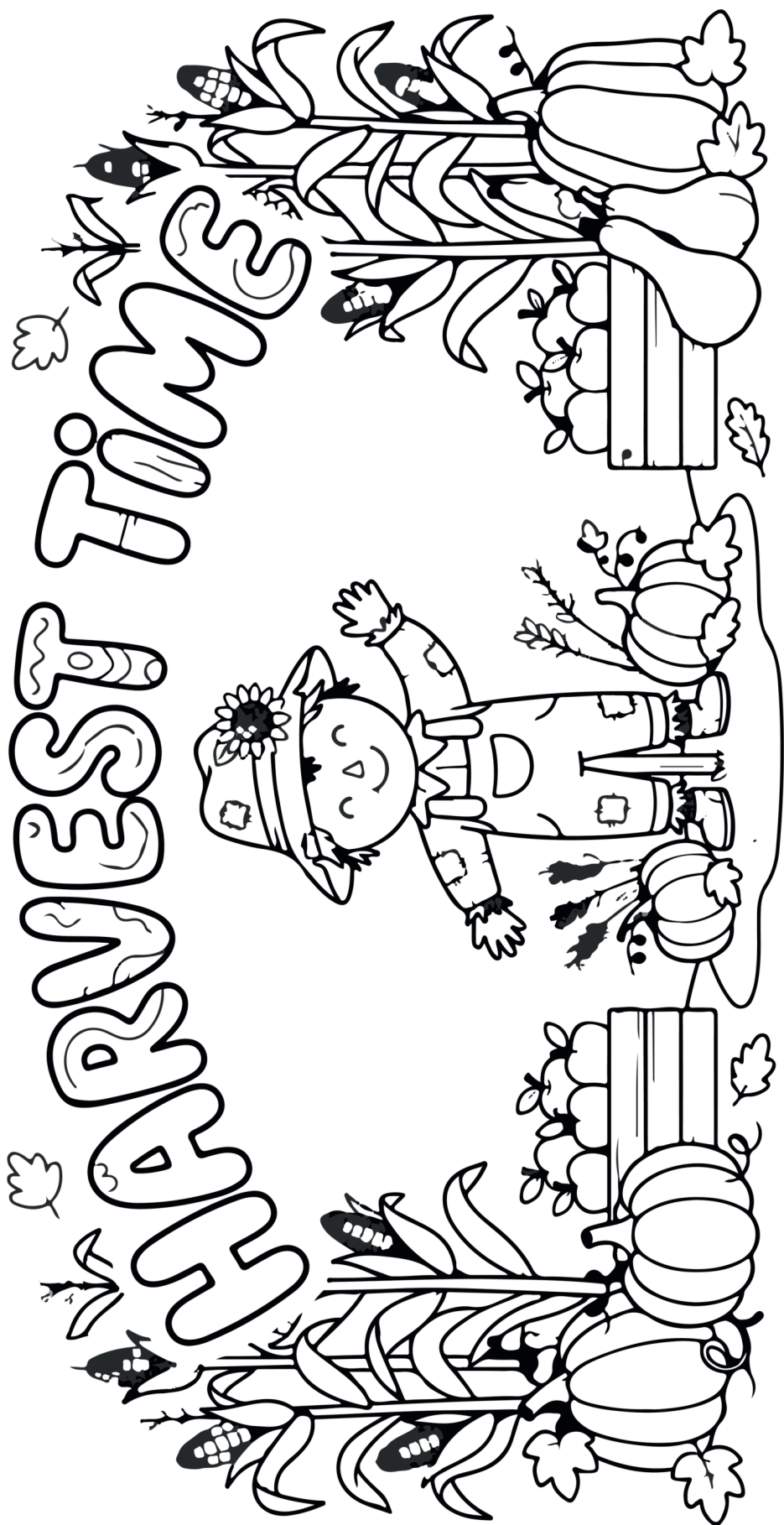
Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

What do you like the most about "you"?

Of all your achievements, what is the greatest?

If you could write a book about your life, what would one of the chapters be entitled?





SOLUTIONS

Trivia Answer: A

Only 4 months have exactly 30 days: April, June, September & November. April is the first.

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

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

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

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