

Daily Delight

WEDNESDAY • SEPTEMBER 30 • 2026

National Love People Day

National Love People Day is celebrated on September 30th to spread the message of unconditional love and kindness, encouraging acts of love and support. This day aims to foster a movement of continuous love and positivity, transcending all barriers. Everyone deserves to feel loved and respected, whether it's a neighbor, coworker, or someone you meet in passing.

Love has the power to transform lives, strengthen bonds, and create a more compassionate world. So, on September 30th, let's embrace the spirit of National Love People Day by showing love and kindness to all, making the world a better place one act of love at a time.



Today in History



In 1968, the Supremes released "Love Child," the 2nd single off their 14th studio album, "Diana Ross & The Supremes Join the Temptations." The album sold 2 million copies by the end of 1968 in the U.S. alone. Ross left the group in 1970 and began a very successful solo career.

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



DID YOU KNOW?

Leaky Milk Wagon Trail

Edward Hines was a member of the Wayne County Road Commission. Hines originated the concept of painting a line down the center of a road to separate traffic in opposing directions. The idea came to him after watching a leaky milk wagon left a trail down the street. Painted center lines were first used in 1911. This simple idea has since been recognized as one of the most important single traffic safety devices in the history of highway transportation.

TRIVIA

To which one of the following does the title "Desperado" not apply?

A

A roller coaster in Nevada

B

An album by the Eagles

C

A professional soccer team in Wales

D

A film starring Salma Hayek

TODAY'S FUNNY

Are all math puns bad?

No, just sum.

TODAY'S WISDOM

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

- Oprah Winfrey

WORD SEARCH

Sticky Buns

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

Breakfast

Pastry

Dessert

Rolled

Monkey

Bread

Chelsea

Buns

Maple

Syrup

Honey

German

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

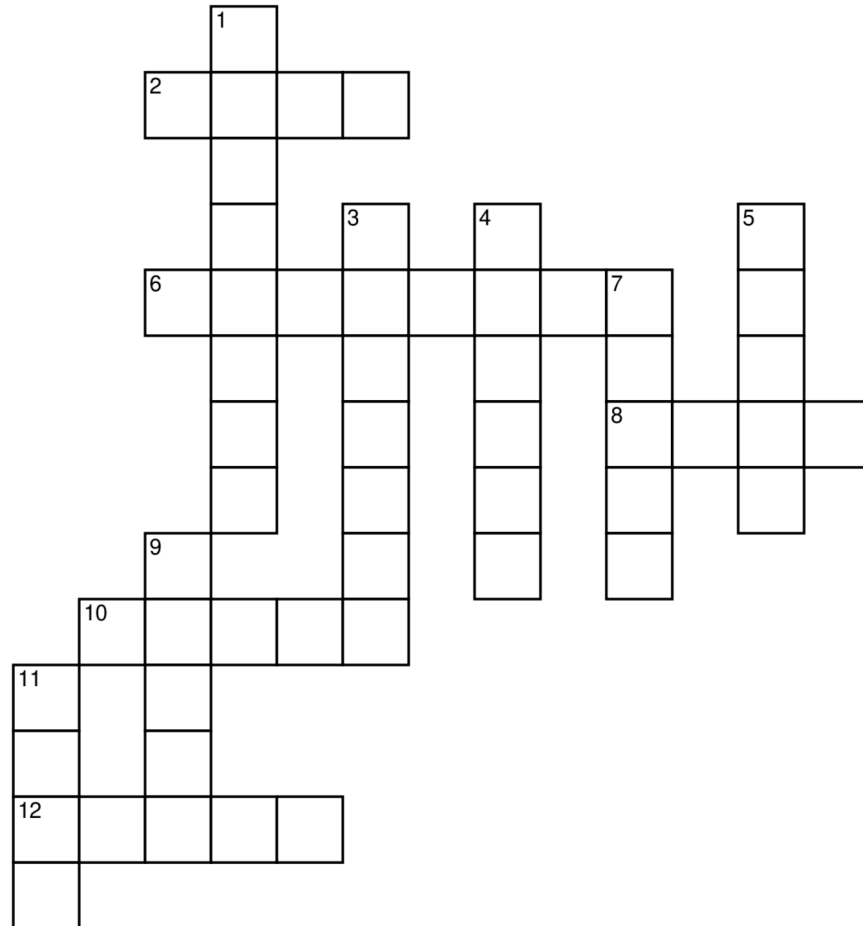
5				7			8	
			2	6	5			
		9	3		8	7	2	
2		7	6		4			
4	1		7	3				
3	9		5	8				4
9	4							
						1		
8		1		2		4	3	7

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

Things That Are Hard



Across

- [2] Prison term
- [6] Honing in
- [8] Used to make steel
- [10] Boulders
- [12] Tries out

Down

- [1] Precious stones
- [3] Riddles
- [4] Cold Season
- [5] Work hard
- [7] Sorrow
- [9] Skeleton parts
- [11] Trig, e.g.

Conversation Starters

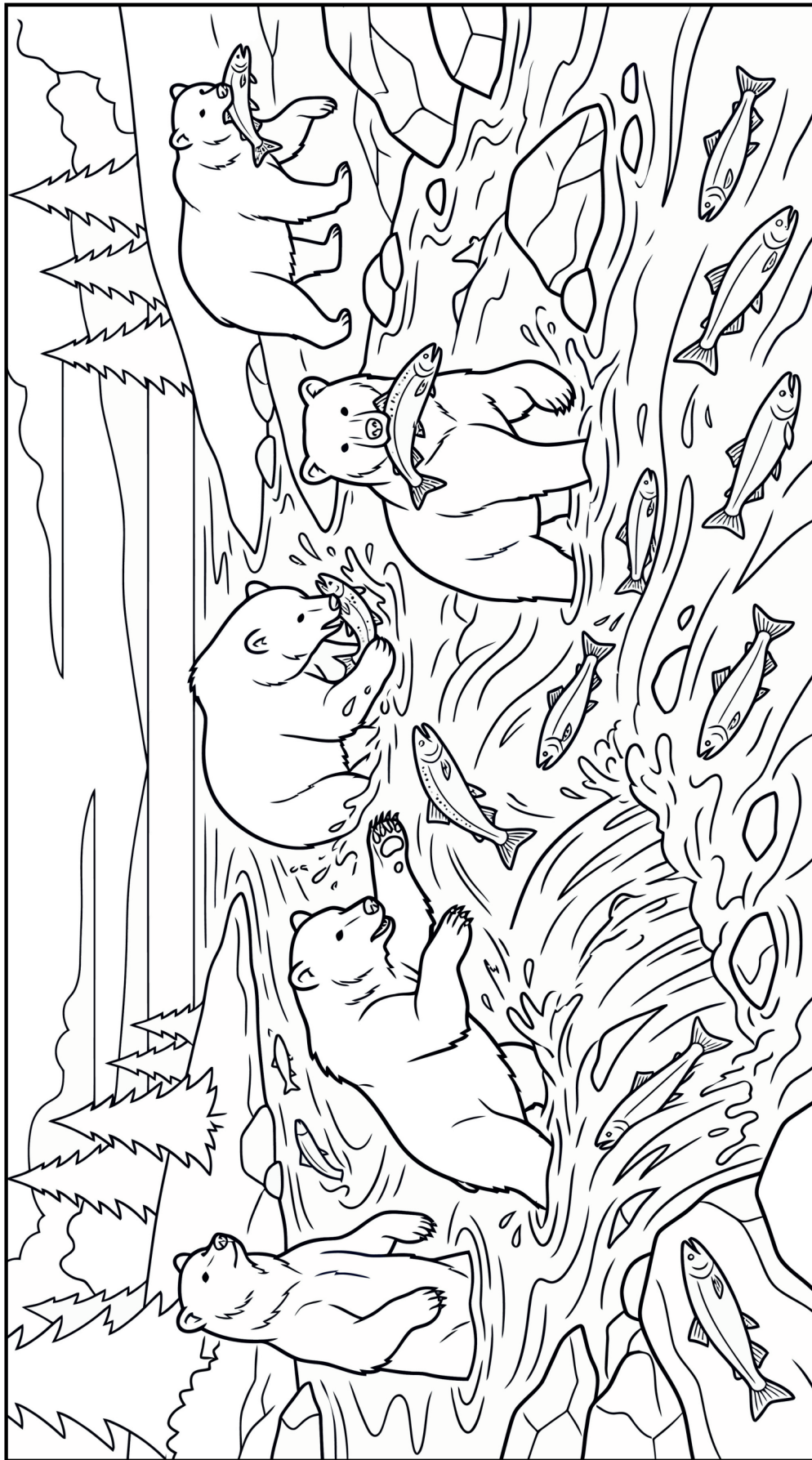
Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

If you could travel into space, would you do it? What would you like to see?

Do you have a favorite astronaut? Why do you like them?

What memories do you have of historical space travel through the years?





SOLUTIONS

Trivia Answer: C

Wales has never had a professional soccer team called "The Desperados".

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

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

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

