

Daily Delight

THURSDAY • OCTOBER 15 • 2026

White Cane Safety Day

Today is White Cane Safety Day, a time to recognize the achievements and independence of the blind and visually impaired community.

Established on October 15, 1964, by a Joint Resolution of Congress and proclaimed by President Lyndon B. Johnson, the day celebrates the white cane as a powerful symbol of autonomy. Rather than being a day to simply help people across the street, its true purpose is to champion their ability to live and navigate the world independently. You can easily support this independence by ensuring aisles, doorways, and walkways remain clear of obstacles.

If you have a friend or colleague who is blind or visually impaired, take a moment to celebrate with them today; you might even let them take the lead on a walk!



Today in History



In 1860, 11-year-old Grace Bedell wrote to Abraham Lincoln, urging him to grow a beard to improve his appearance. He responded to the letter on October 19th but made no promises. He grew a full beard within a month. Lincoln was elected a few weeks later as the 16th U.S. President.

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



DID YOU KNOW?

Burnsides' Sideburns

Sideburns, the strips of facial hair that grow down the side of the face, used to be known as side whiskers or side-hair. One prominent side-whisker-wearer was Ambrose E. Burnside, a Civil War general; his distinctive facial hair connected in the middle via a mustache, with no beard beneath. This style of facial hair is known as the Burnside. At some point, the fact that Burnside had “side” in his name caused a mishmash of “Burnside” and “side-whiskers” into “sideburns.”

TRIVIA

In 1983, which country was the first to build a Disneyland outside of the US?

- A** Paris
- B** Tokyo
- C** Hong Kong
- D** Shanghai

TODAY'S FUNNY

Which days are the strongest?

Saturday and Sunday. The rest are weekdays!

TODAY'S WISDOM

"The best mirror is an old friend."
- George Herbert

WORD SEARCH

Best in Show (Cat)!

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

Persian

Maine Coon

Shorthair

Tabby

Ragdoll

Bengal

Abyssinian

Birman

Sphynx

Devon Rex

Himalayan

Siamese

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

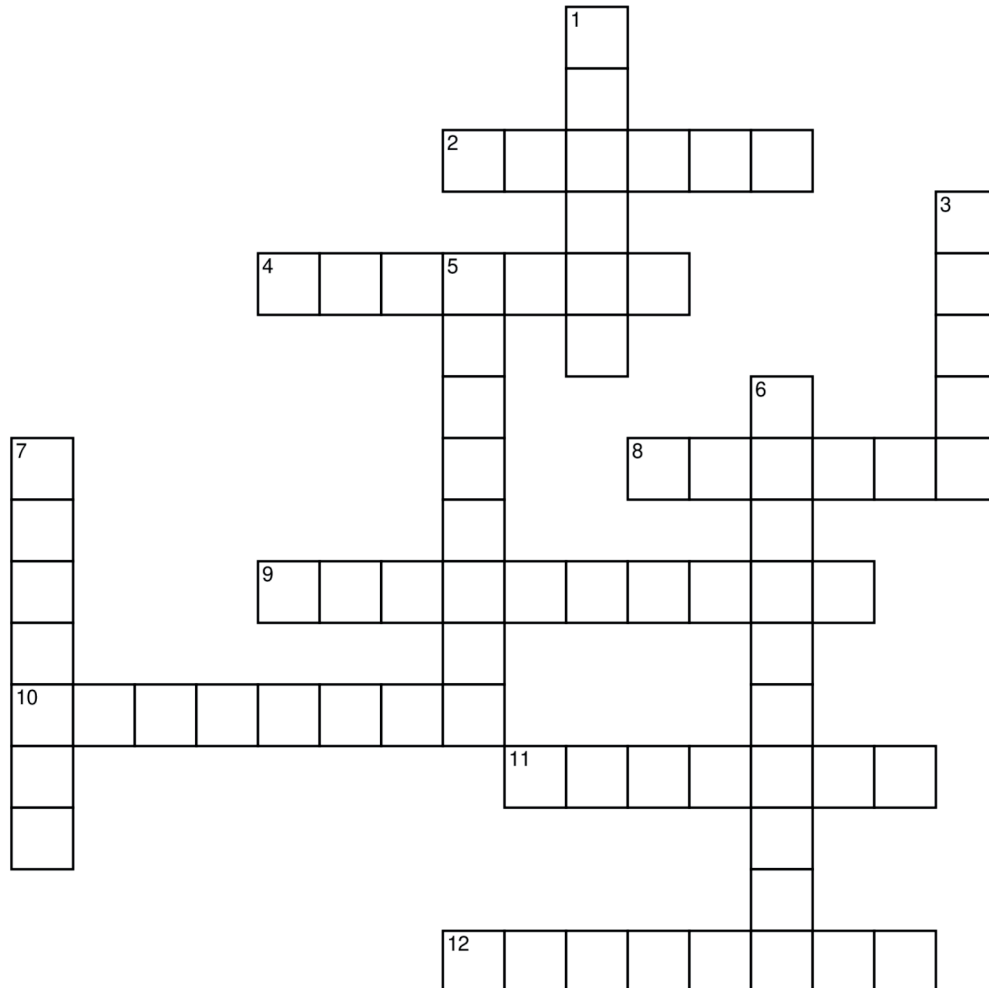
	8		7		9			
					6	9	7	4
7		6			1	2	5	8
		9	3	6	5	7	4	
		7	8				9	
5		2			7	3		
						4	3	
		4		9		8		
	3		6	7		5	2	

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

Senior Gadgets



Across

- [2] Zipper alternative
- [4] Spectacles
- [8] Warnings
- [9] Mobile seat
- [10] Bed covering
- [11] Bike's cousin
- [12] La-Z-Boy

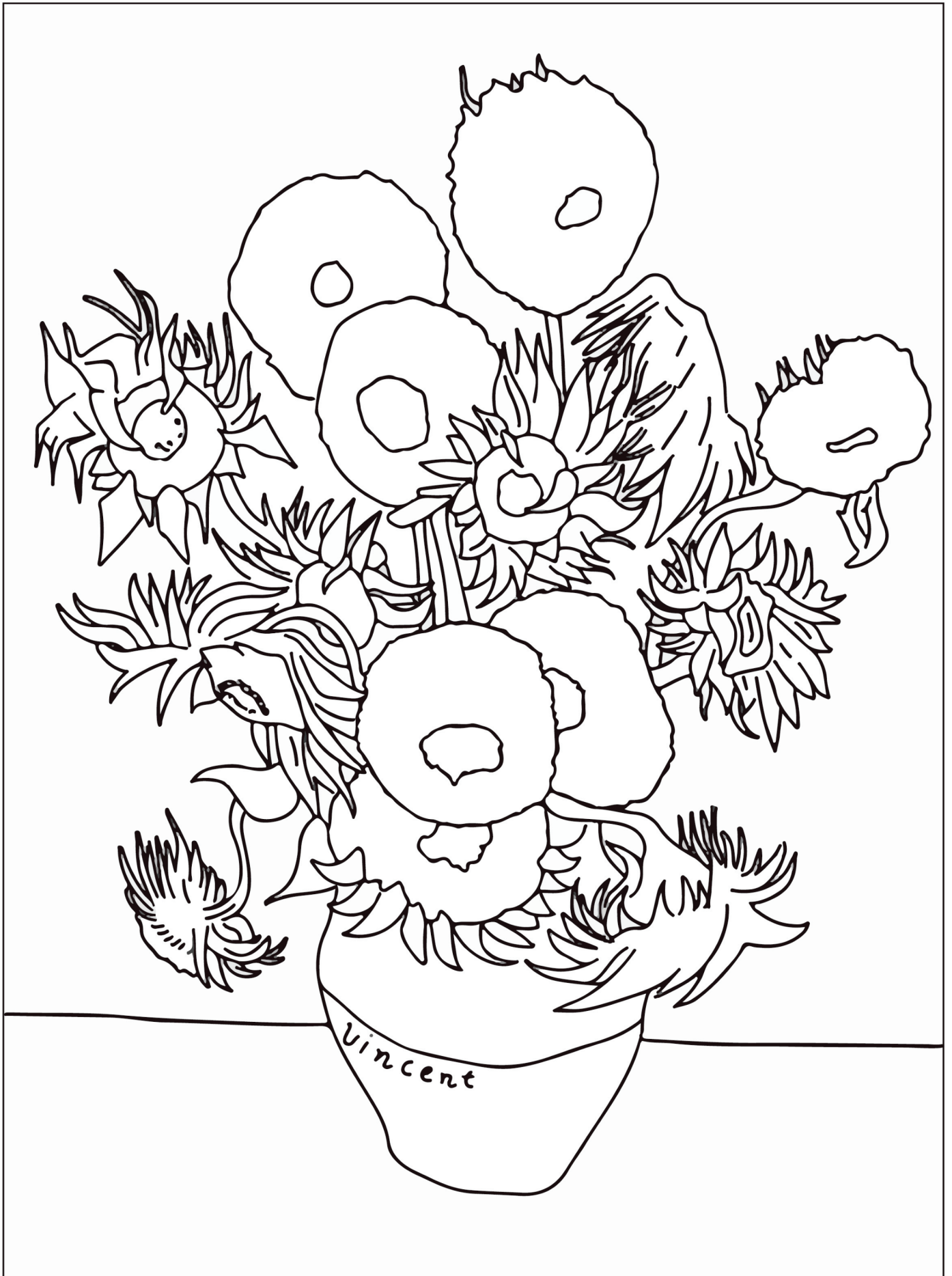
Down

- [1] Rambler
- [3] Walking sticks
- [5] Comfy footwear
- [6] Doctor's supply
- [7] Where your doses reside

Spotlight Trivia

Creepy Capitals

1. The Catacombs of Paris, a vast underground ossuary, hold the remains of more than six million people. What are its winding tunnels and walls famously lined with?
A. Gargoyles from Notre Dame
B. Ancient Roman statues
C. Skulls and femurs
D. Barrels of centuries-old wine
2. The Tower of London is reputedly one of the UK's most haunted places. Which famous historical figure is said to haunt the Tower, often seen carrying her own head?
A. Anne Boleyn
B. William Shakespeare
C. Jack the Ripper
D. Queen Victoria
3. Just south of Mexico City lies a notoriously creepy artificial island known as Isla de las Muñecas. What is this island eerily decorated with?
A. Carved animal skulls
B. Weathered scarecrows in human clothes
C. Mirrors that reflect the dark forest
D. Thousands of dolls and doll parts
4. Edinburgh, Scotland, is known for its 'underground city,' a series of streets and spaces that were eventually built over. What is the most famous of these spooky subterranean locations?
A. Mary King's Close
B. Arthur's Seat
C. The Royal Mile
D. The Edinburgh Vaults
5. According to folklore, the Old New Synagogue in Prague was once protected by a creature made from clay and brought to life through mystical rituals. What was this legendary protector called?
A. The Gargoyle
B. The Chimera
C. The Golem
D. The Banshee



SOLUTIONS

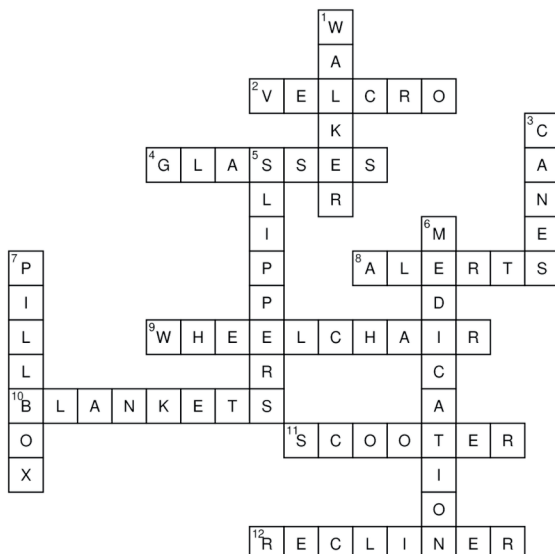
Trivia Answer: B

Tokyo Disneyland is a 115-acre theme park at the Tokyo Disney Resort. It was the first Disney park to be built outside the United States and it opened on April 15, 1983.

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

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

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



Spotlight Trivia:

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