

Daily Delight

TUESDAY • OCTOBER 6 • 2026

National Physician Assistant Day

In 1965, Dr. Eugene Stead of Duke Medical Center created the profession that we now know as physician assistants or PAs. Two years later, on October 6, 1967, the first PAs graduated from Duke University, and since then, tens of thousands of people have carried on this very important profession. PAs make healthcare more accessible, seeing over 10.4 million patients weekly. PAs work in all medical settings and specialties, bringing essential care to patients everywhere.

PAs are invaluable aids to physicians and general practitioners, so today and every October 6th, it's important that we celebrate and recognize them. Tell your PA you appreciate them if you see him or her today!



Today in History



In 1965, The Supremes released the single “I Hear a Symphony” from the album of the same name. The song reached number 1 on the Billboard Hot 100 and stayed there for 2 weeks. It was the group’s 6th number-one hit. The Supremes were signed by Motown Records in 1961.

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



DID YOU KNOW?

The Great Thomas Jefferson

Third president Thomas Jefferson authored the Declaration of Independence, orchestrated the 1803 Louisiana Purchase to double the size of the nation, and seeded the Library of Congress. A true polymath, he also designed his iconic Monticello estate and founded the University of Virginia before famously passing away on July 4, 1826, exactly fifty years to the day after the adoption of the Declaration.

TRIVIA

Which of these animated characters is famous for his nearsightedness?

- A** Popeye
- B** George Jetson
- C** Charlie Brown
- D** Mr. Magoo

TODAY'S FUNNY

Why did Captain Hook cross the road?

To get to the second-hand shop!

TODAY'S WISDOM

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

- Ralph Waldo Emerson

WORD SEARCH

Elephant

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

Trunk

Tusk

Africa

Asia

Mammal

Wrinkles

Bull

Calf

Gigantic

Herbivore

Herd

India

Intelligent

Matriarchal

Poaching

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.

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

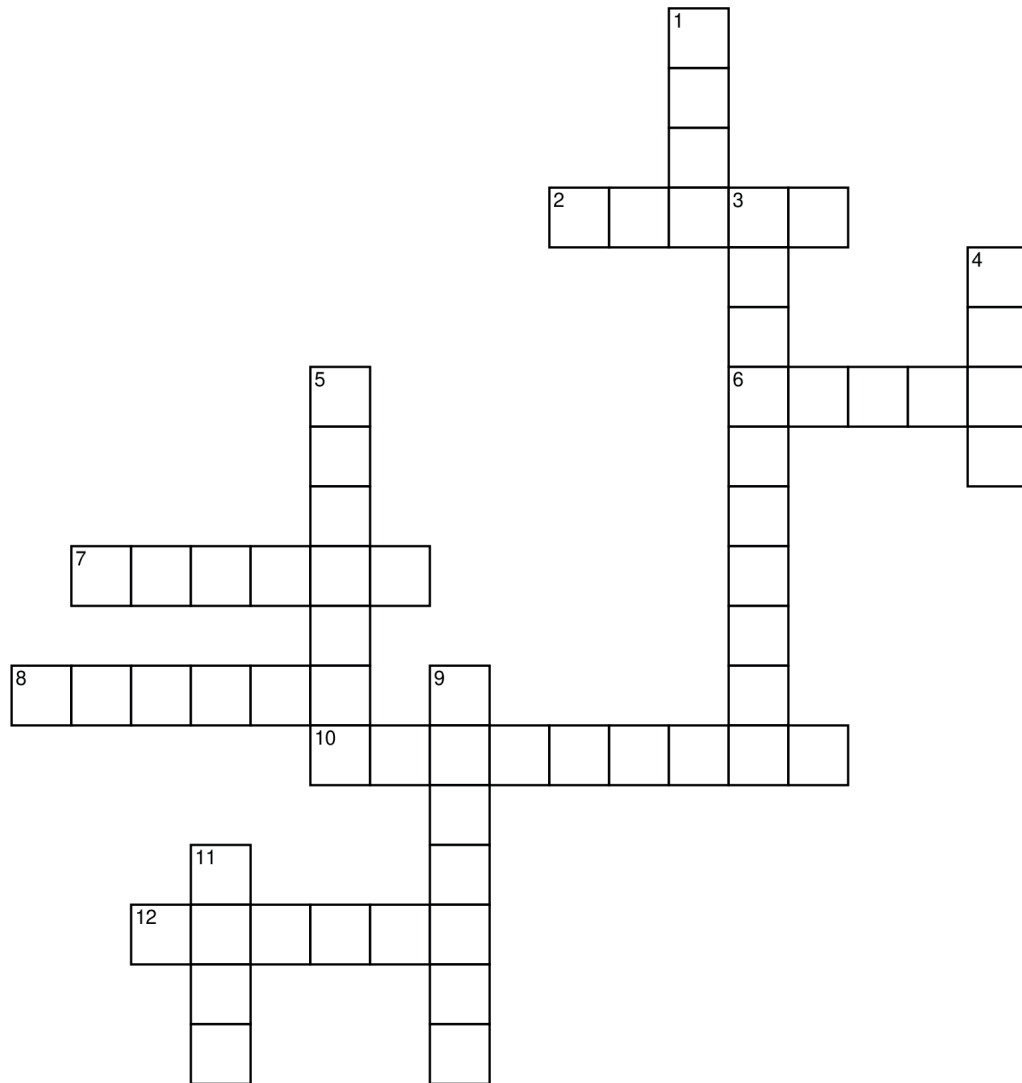
7	5	4				2		3
	8	2		3		6	9	
		6		8			5	4
				5	1			
	2		9			7		5
	9	1	7				6	
	4		3	2	6		7	
		7						
			4			5		

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

Fads



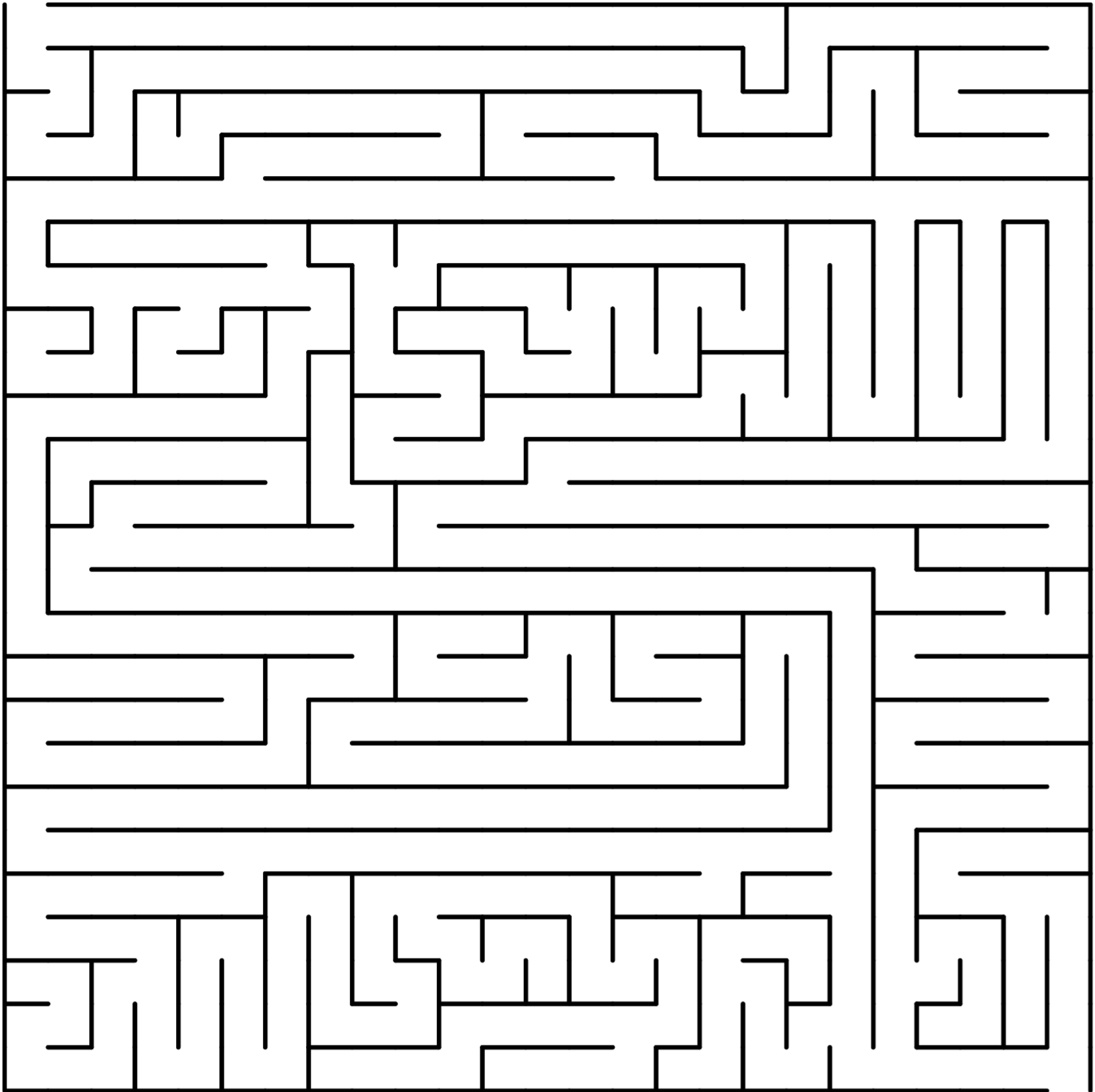
Across

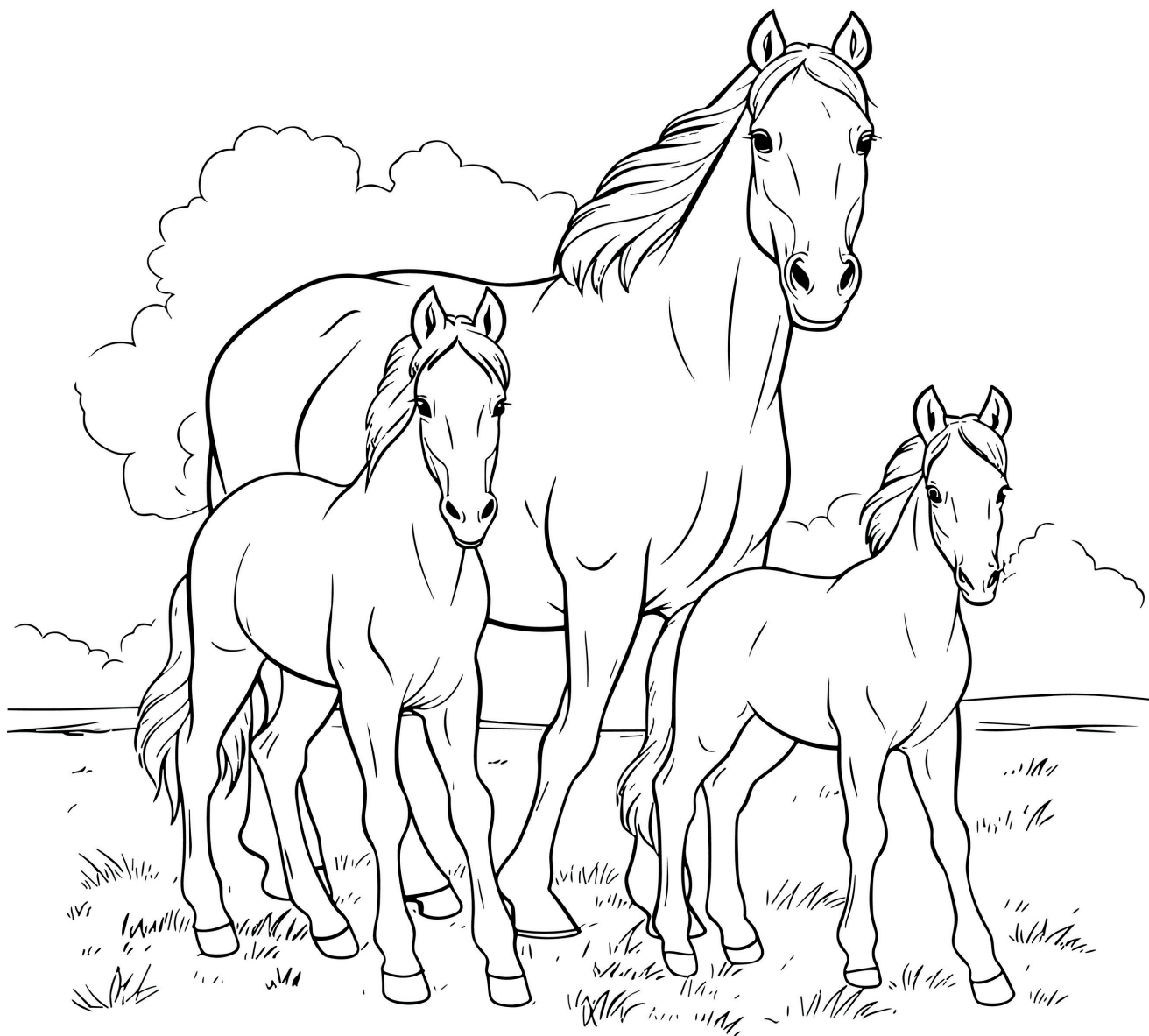
- [2] The sign of a hippie
- [6] Trucker tracker
- [7] Stockings
- [8] Woodstock wear
- [10] Naked truth
- [12] Sock hop skirt

Down

- [1] Hip hoop toy
- [3] 20s dance & U.S. City
- [4] _ ring
- [5] Caps made of wool
- [9] "Happy Days" setting
- [11] Goes up and down

MAZE





SOLUTIONS

Trivia Answer: D

Mr. Magoo, whose first name is "Quincy", is a fictional cartoon character created at the UPA animation studio in 1949. Voiced for many years by Jim Backus.

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

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

