Daily Delight

FRIDAY • DECEMBER 18 • 2026

National Twin Day

Have you ever wished there was another one of you to help you get more done or be in two places at once? If you're one of the few people who has a twin, your wish came true, whether it was a wish of yours or not! National Twin Day was inspired by a pair of twins named Moses and Aaron Wilcox. In 1819, they donated six acres of land to a town called Millville, and in exchange, the town changed its name to Twinsburg, which is the epicenter of National Twin Day.

If you're one half of a twin, celebrate your unique sibling bond today. If not, think about what it would be like to have a twin yourself.



Today in History

In 1961, the Associated Press named Wilma Rudolph female athlete of the year for the 2nd consecutive year.
She became the 1st American woman to win 3 gold medals in a single Olympic Games, and she broke at least 3 world records. Later, Rudolph became a civil rights advocate.

senior living
activity assistant
powered by spectrio



DID YOU KNOW?

The Oldest Cold Case

Did you know the first buildings ever constructed in Antarctica are still standing over 125 years later? Erected in 1899 by Norwegian explorer Carsten Borchgrevink, the two small huts were prefabricated in Norway and brought to Cape Adare. To survive the continent's ferocious winds, they were securely anchored to the ground with heavy cables. After being used by subsequent expeditions, these humble structures remain a testament to early polar ingenuity.

TRIVIA

How often do human taste buds regenerate?

A Every 2-3 days

B Every 5-10 days

C Every 10-14 days

D Every 14-21 days

TODAY'S FUNNY

What did one wall say to the other wall?

I'll meet you at the corner.

TODAY'S WISDOM

"A friend is what the heart needs all the time."
- Henry Van Dyke

WORD SEARCH

Holiday Music

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

Carol
Jingle
Bells
Silent
Night
Rudolph
Christmas
Song
Music
Holiday
Season
Cheer

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

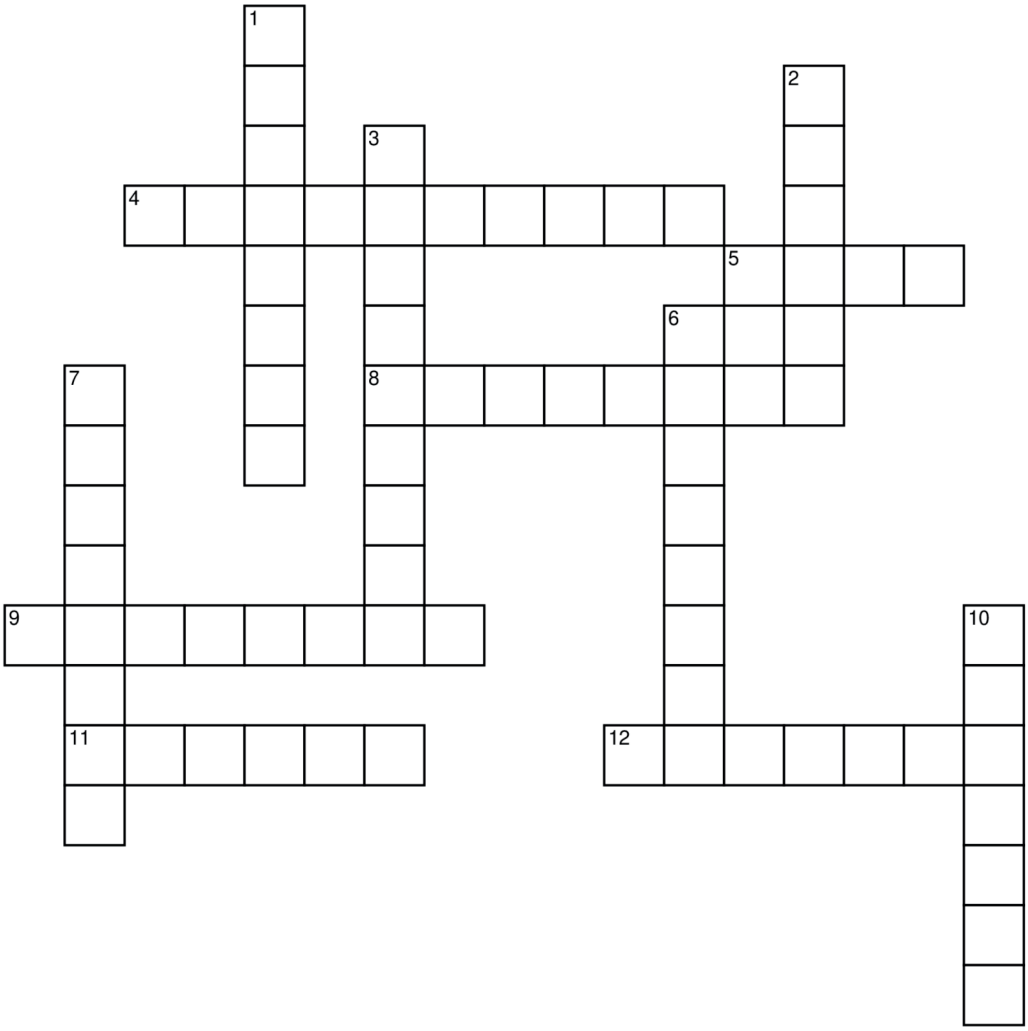
	7	3			9		4	
2		8	5				1	7
	1		4	2	7	3		
7	3		6	8	5			4
	8	9						
					2			3
8		1				7		
6	2						3	
	5		7	6		2		

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.

CROSSWORD

Things to Look Forward To



Across

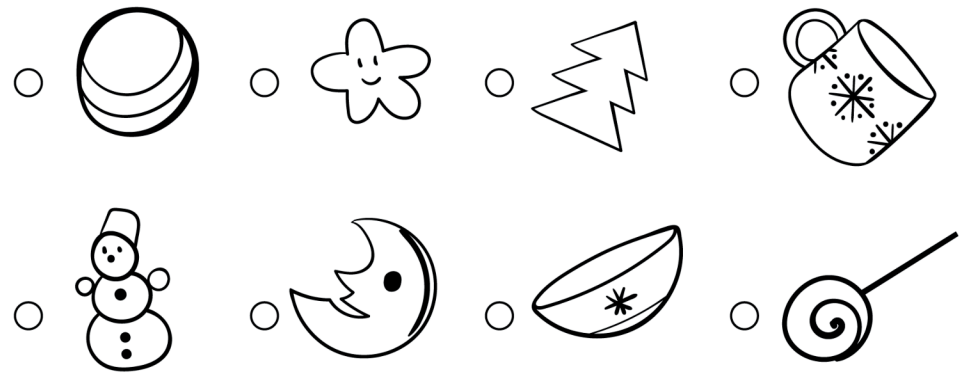
[4] Academic achievement
[5] Romantic Outing
[8] Seasonal celebrations
[9] Heirs
[11] Jolt of caffeine
[12] Two days of rest

Down

[1] Leisure trip
[2] Rest periods
[3] Midday meal hour
[6] Union of two people
[7] Earnings statement
[10] Hour for slumber

SEEK AND FIND

Find the hidden objects in the picture.







SOLUTIONS

Trivia Answer: C

Taste buds regenerate approximately every 10-14 days. This means that the cells that make up taste buds are constantly being replaced with new ones.

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

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

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

