Daily Delight

WEDNESDAY • DECEMBER 23 • 2026

Roots Day

Have you ever looked into your family tree? If not, today is the perfect day to do so! Roots Day is a day that celebrates discovery via genealogy. This is a time of year when people love to get together with their immediate family, but not many people know much about their extended family or exactly where they came from. You could be related to somebody famous and not even know it, or you could be related to someone you wish you weren't!

Either way, delving into your family's past can be exciting nonetheless. Take an ancestry test and explore your ancestral roots today. You might be shocked, for better or worse, at what you find!



Today in History

In 1915, the musical “Very Good Eddie” premiered at the Princess Theatre in New York City. The show was composed by Jerome Kern, who wrote over 700 songs that were featured in more than 100 stage shows. He was nominated for an Academy Award eight times and won twice.

senior living
activity assistant
powered by spectrio



DID YOU KNOW?

Living in a Time Warp

Did you know that many European towns still feature the exact layout and architecture of the Middle Ages? Places like Rothenburg ob der Tauber in Germany and Carcassonne in France are not just ruins, but living, breathing towns. They retain their medieval walls, half-timbered houses, and narrow, winding streets, offering a unique opportunity to wander through a virtually unchanged 14th-century streetscape.

TRIVIA

What 1982 movie featured the Survivor song "Eye of the Tiger"?

A Rocky III

B Karate Kid

C Caddyshack

D The Natural

TODAY'S FUNNY

While at the hospital, I asked the nurse if I could do my own stitches...

She said suture self!

TODAY'S WISDOM

"Mankind is a great, immense family. This is proved by what we feel in our hearts at Christmas."

– Pope John XXIII

WORD SEARCH

Holiday Foods

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

Cookies
Gingerbread
Candy
Eggnog
Turkey
Ham
Pie
Pudding
Roast
Feast
Sweet
Treat

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

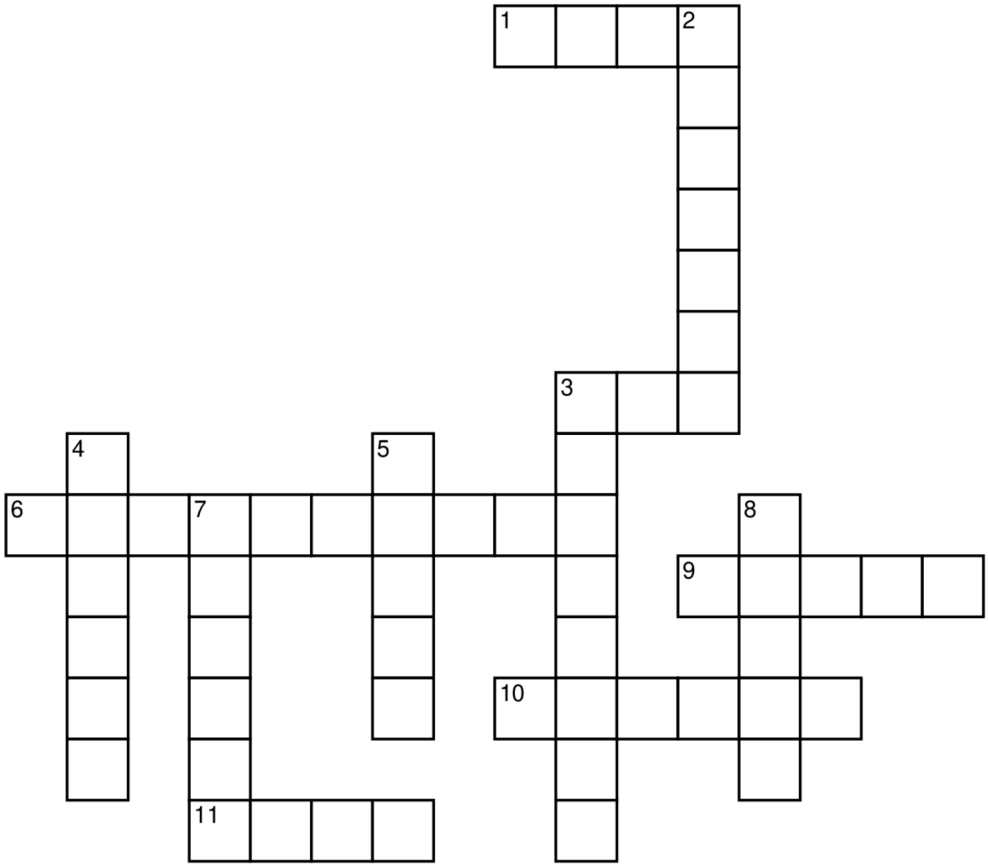
			5			6	1	9
1	6	7			2	3	8	5
5			6	1	8	4	7	2
9	5	1	8	2	4	7		3
					1	5		8
7	4			6			2	1
3			4	5	7		9	
		5	1	8	9	2	3	4
					6	1	5	7

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.

CROSSWORD

In the Fridge Door



Across

[1] Half and Half
[3] Put a chip in it
[6] Sandwich spread
[9] Chef's seasons
[10] Ice cream and _____ cravings
[11] Kind of cracker

Down

[2] Heinz topping
[3] Ranch or Italian, e.g.
[4] Hoisin and Sriracha, e.g.
[5] Irrigate
[7] Bar supply
[8] Toast topping

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.

Would you rather have a never-ending bowl of ice cream or a never-ending salad?

How often do you shop for clothing?
Do you have a favorite store?

What celebrity has the best style?



SOLUTIONS

Trivia Answer: A

The song "Eye of the Tiger" by the band Survivor is featured in the 1982 movie Rocky III.



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

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

