Daily Delight

WEDNESDAY • DECEMBER 30 • 2026

National Resolution Planning Day

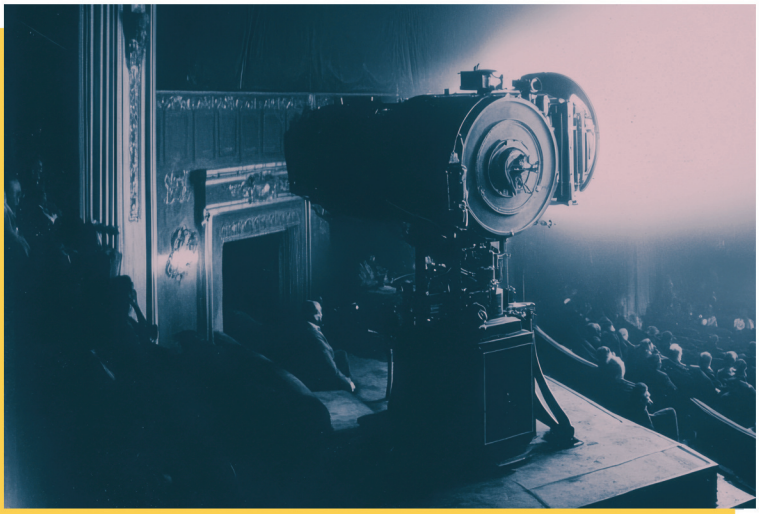
If you finished your to-do list yesterday but forgot to plan your resolutions for the new year, you're in luck. Today is National Resolution Planning Day, so you can spend some time today thinking about your goals for next year and planning out how you'll accomplish them! Created in 2017 as a way to reflect on the past year, identify goals for the future, and create a plan of action, National Resolution Planning Day is also a great way to bring friends and family together to support each other in working towards their dreams. Just because only 10% of people are successful at keeping their New Year's resolutions doesn't mean you shouldn't try. Plan your resolutions for the new year today!



Today in History

In 1981, Stevie Wonder released his single "That Girl," which won Billboard Song of the Year in 1982. Wonder was a child prodigy and signed with Motown Records when he was 11 years old. He's won 25 Grammy Awards and was inducted into the Rock and Roll Hall of Fame in 1989.

senior living activity assistant
powered by spectrio



DID YOU KNOW?

Behind the Camera

Before Hollywood became the center of American filmmaking, Alice Guy-Blaché was helping shape cinema's storytelling language. In 1896, she directed The Cabbage Fairy, an early narrative film, and later oversaw film production in France. After moving to the United States, she co-founded the Solax Company in New Jersey. Her career included experiments with special effects and storytelling, although her contributions were overlooked for decades.

TRIVIA

Who hosted "America's Next Top Model?"

A Paulina Porizkova

B Twiggy

C Tyra Banks

D Janice Dickinson

TODAY'S FUNNY

Why did the basketball player love gingerbread cookies so much?

He loved to dunk them!

TODAY'S WISDOM

"Peace cannot be kept by force. It can only be achieved by understanding."
— Albert Einstein

WORD SEARCH

Winter Animals

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

Bear
Reindeer
Penguin
Polar
Arctic
Fox
Owl
Deer
Wolf
Snowshoe
Rabbit
Squirrels

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.

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

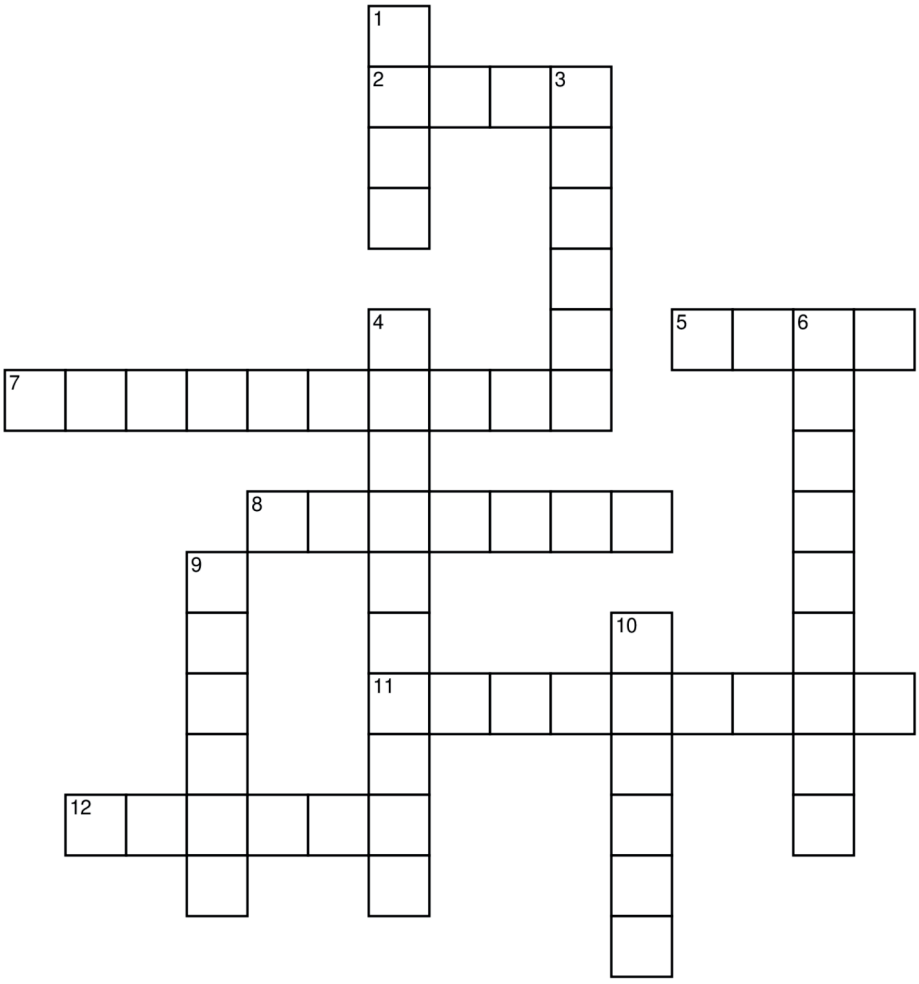
					8	6	3	2
		8		6	9	5	4	1
5					1	8		
3		7		4		1	5	8
					3	4	7	
8	4	1	9			2		3
1		2	5	9				
	3	4	6	8		7	1	5
6	8	5	1			9		

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

Items in a Refrigerator



Across

[2] Oval-shaped food product
[5] Calcium-rich drink
[7] Sauces or seasonings
[8] Smooth coffee enhancer
[11] Liquid refreshments
[12] Fermented milk product

Down

[1] Source of protein
[3] Flavorful food accompaniments
[4] Healthy plant foods
[6] Remnants of a meal
[9] Made by churning cream
[10] Sweet, edible plant products

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.

What was your favorite personal memory from 2026, and what made it special?

Which movie, song, television show, or book from 2026 left the biggest impression on you?

If you could carry one positive experience or tradition from 2026 into the new year, what would it be?

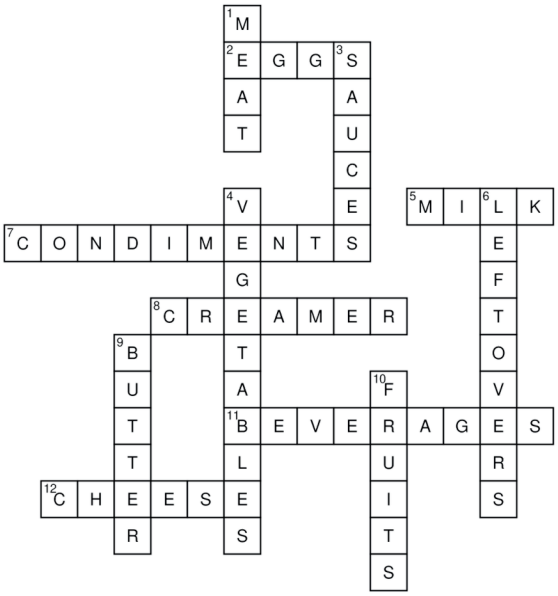


SOLUTIONS

Trivia Answer: C
Tyra, who was famous for being a "Victoria's Secret" model, began the show in 2003.

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

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



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