senior living
activity assistant
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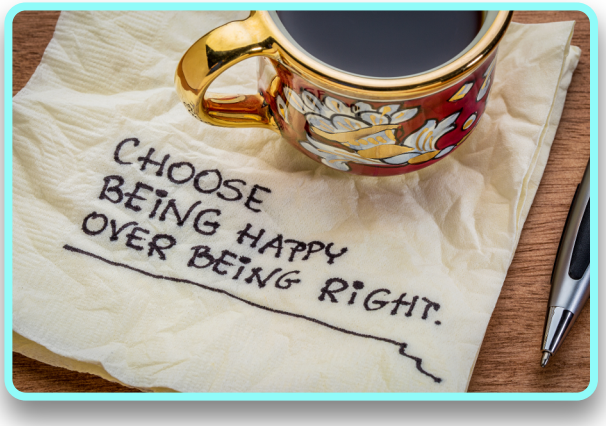
Thursday,
March 16th, 2023

RESIDENT DAILY DELIGHT



Everything You Do is Right Day

Everything You Do is Right Day is the opposite of Everything You Think is Wrong day, which is possibly one of the most dispiriting made-up holidays out there.

It is an unofficial holiday that encourages people to believe that no matter what happened before today, everything they do on this day will turn out great.

We all need positive reinforcements from time to time and what better way to bring positivity in our lives by celebrating this reaffirming holiday?

HOW TO CELEBRATE?

- Remember, everything you do today is the right thing to do. The bottom line is, do whatever makes you happy.
- Spend time with happy, positive people. Psychologists and self-help pundits all agree that a person is as happy as the least happiest person around them. So, surrounding yourself with cheerful people means that some of their positivity will rub off on to you.
- If you know of someone who is having a bad day, brighten up their day and pay it forward.

ON THIS DAY...

March 16, 1985

Paul McCartney was listed in "*People*" magazine as having an estimated worth of about 500-million dollars.

DID YOU KNOW???

How much can we learn in our lifetime?

The amount of information the brain can store in its many trillions of synapses is not infinite, but it is large enough that the amount we can learn is not limited by the brain's storage capacity. While everyone has the ability to learn, we don't all have the same capacity to learn. Things that are easy for one person to learn may be hard for another.

Today's Trivia

Which of these can be a penguin, a concerto by Beethoven and a type of grape?

A. Emperor
B. King
C. Monarch
D. Sovereign

Today's Wisdom:

In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing.

– Theodore Roosevelt, American president

Today's Riddle:

The world tongue-twister champion just got arrested....

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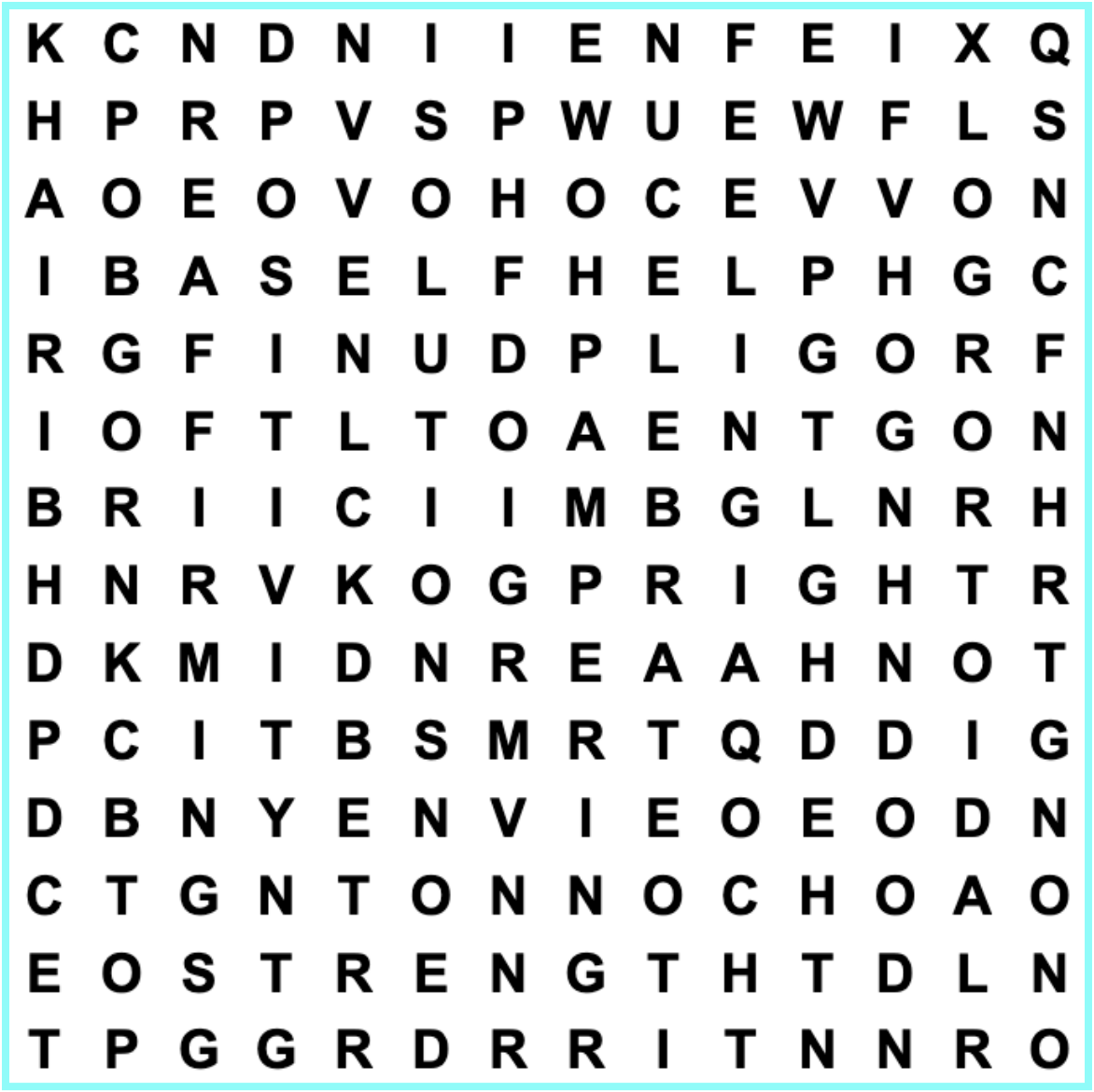
DAILY WORD SEARCH

Everything You Do is Right



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

Celebrate
Correct
Positivity
Feeling
Good
Pampering
Reaffirming
Right
Self Help
Solution
Strength

Refrigerator Poetry

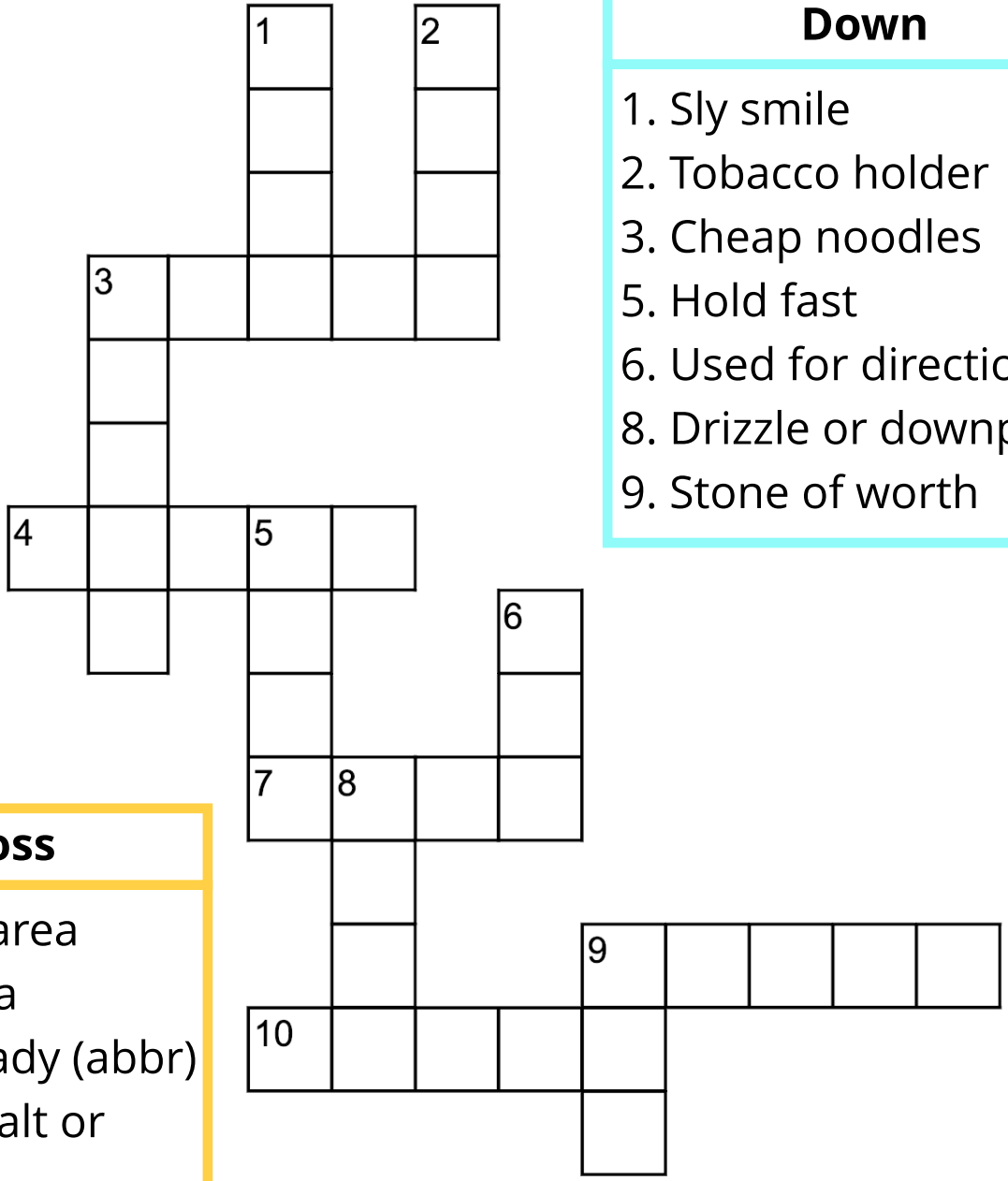
Use these word prompts to get those creative juices going! Don't forget to send them to us to entertain others!

ace	**expand**	**laughter**	**owl**	**suggest**
air	**floral**	**joy**	**prosperity**	**tragic**
breath	**golden**	**mystery**	**pleasant**	**tremendous**
butterfly	**honey**	**natural**	**ribbon**	**worthwhile**
coins	**Ireland**	**new**	**rich**	**wishing**
doubt	**luck**	**ominous**	**shamrock**	**your**

Word Jumble

Every answer uses only the letters in the word:

PAMPERING



Down

1. Sly smile
2. Tobacco holder
3. Cheap noodles
5. Hold fast
6. Used for directions
8. Drizzle or downpour
9. Stone of worth

Across

3. Median area
4. King's era
7. Make ready (abbr)
9. Can be salt or sand
10. Cartoon in Asia

Sudoku

HOW TO PLAY SUDOKU

OBJECTIVE: Fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. Rows, columns, and regions each consist of 9 cells, and the whole game consists of 81 cells. A region has thicker lines surrounding it.

The most basic strategy to find missing numbers is scanning and it consists of:

1) Crosshatching - Scan rows and columns to eliminate where a specific number can be in a given region.

2) Counting - Simply count all the different numbers in a row, column, and region that connect to one cell. If there is just one number missing, then that's what should be in the cell.

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

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

HINTS:

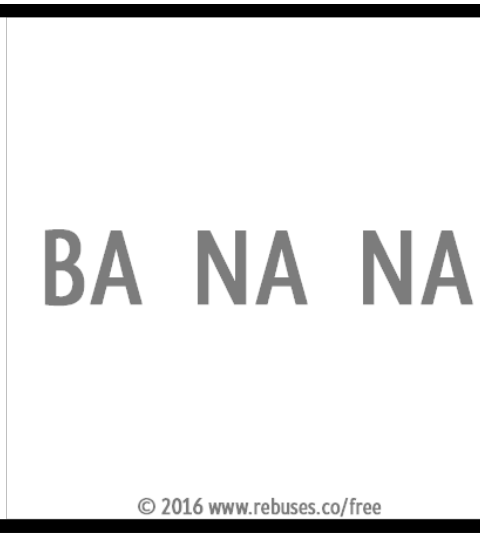
Until you've had lots of practice figuring out puzzles, here are some questions that you can ask as you play to help you to make progress:

- Where could I place the value X in this row/column /box ? (Go through the numbers 1 to 9, and scan to see if the number is already in that row / column / box)
- What value could I put in this cell? (If there's just one acceptable – put it in!)
- What row / column / box is nearly full, and can I fill it?

REBUS PUZZLE

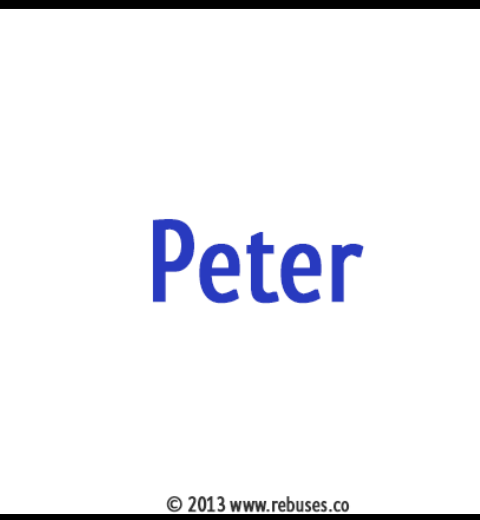
Can you decipher the hidden meaning?

1.



2.

3.



4.

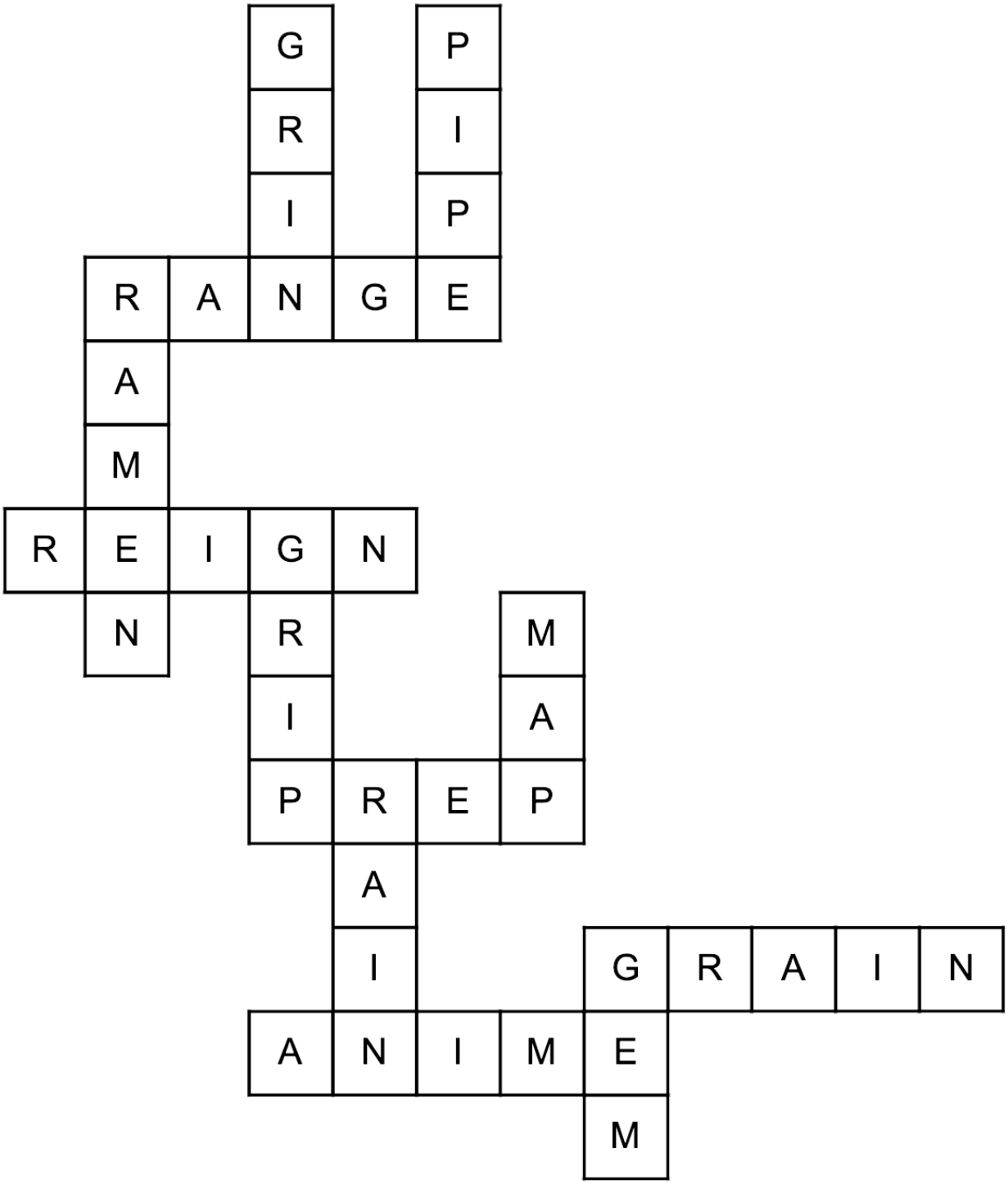
5.

6.

7.

WORD JUMBLE SOLUTION

PAMPERING



8.

SOLUTIONS

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

9.

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

Trivia Answer:

A. Emperor

The emperor penguin is the heaviest and lives in Antarctica. Beethoven's 'Piano Concerto No. 5' was the last one he wrote, and is generally known as the 'Emperor Concerto'. The Emperor grape is grown in Australia, and used for red wine.

Riddle Answer:

I hear they're gonna give him a really tough sentence.

REBUS PUZZLE SOLUTION

1. Banana Split

2. First Lady

3. Blue Peter

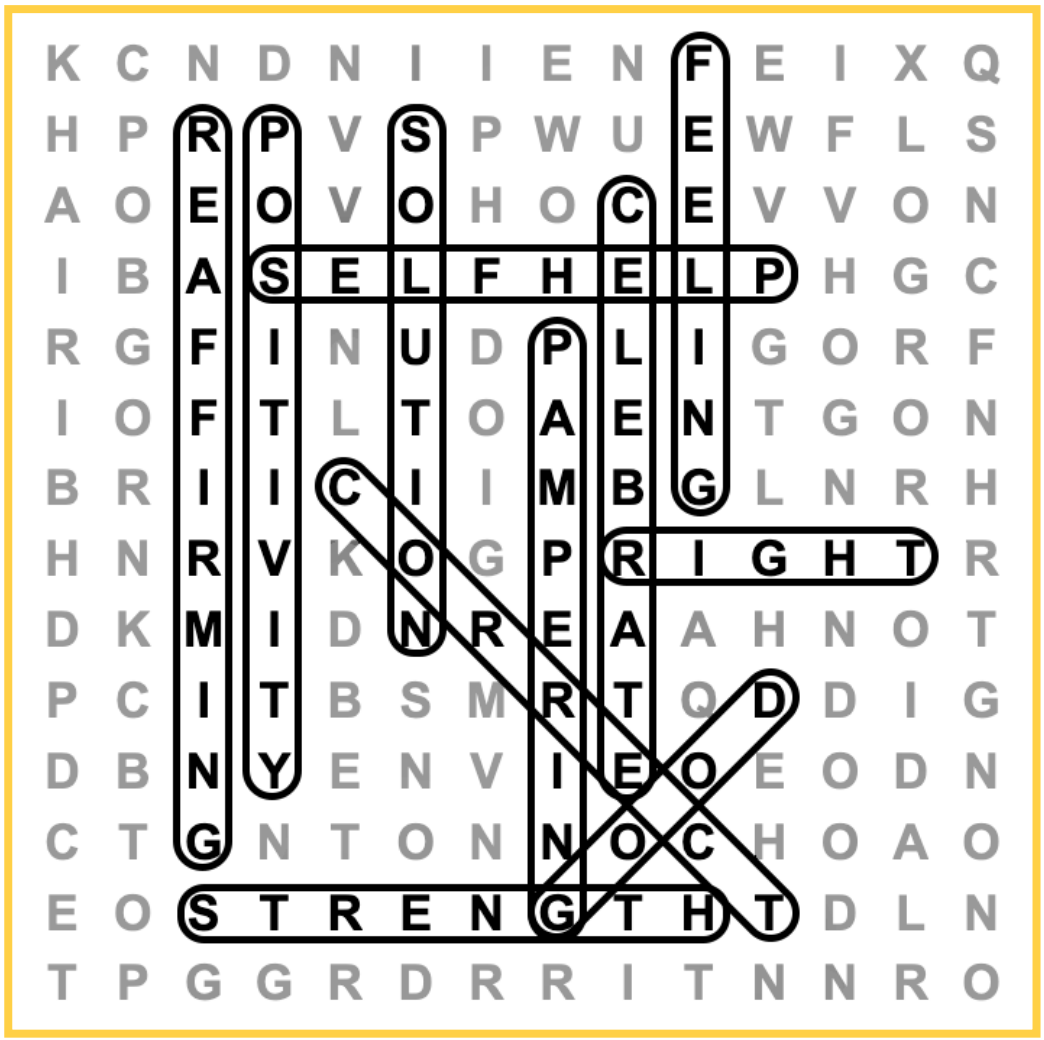
4. Spread Eagle

5. Buck Teeth

6. For Crying Out Loud

WORD SEARCH SOLUTION

Everything you Do is Right



Do What
is
RIGHT
Not
WHAT
is
Easy