senior living
activity assistant
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Wednesday,
March 8th, 2023

RESIDENT DAILY DELIGHT

Unique Name Day

When there is nothing that is ever available with your name on it, it can take a toll and make one feel like they don't really belong. Unique Name Day is the perfect chance to change that. Having a day just for those who put up with repeating their names, spelling it, teaching people how to say it, and rarely having any of the fun trinkets with their name on may not take away any frustration, but it can help make new memories!

If you are the one who walks through life with a unique name and has felt the frustration of it, you can take this day to revel in your uniqueness. This day can be used to find out the story of how your parents picked this name for you. If you are named for a relative or historic figure, do a little research into them and record your findings so that you can use that story as inspiration through your life. Record as well the story your parents tell so you know their thought process.

There are challenges to having a unique name. Unique Name Day is a day to remind you that being unique is something special and sets you apart. So take the time to celebrate that uniqueness!

ON THIS DAY...

March 8, 1936

Daytona Beach Road Course held its first oval stock car race.

DID YOU KNOW???

Who wants to be common?

In a study analyzing the names of more than 325 million babies born between 1880 and 2007, researchers found parents are steering clear of common names more than ever. In 1955, one-third of boys had one of the top 10 most popular names -- a percentage that had dwindled to one in 10 by 2007. For girls, one in four had a popular name in 1955; in 2007 it was one in 12.

Today's Trivia

Celebrities often opt for the unique when it comes to their children. Frank Zappa has a crew of bizarrely named children. Which name below is NOT one of his children's names:

A. Moon Unit
B. Dweezil
C. Exa Dark
D. Diva

(answer on page 8)

Today's Wisdom:

"I love inventing names, but I also collect unusual names, so that I can look through my notebook and choose one that suits a new character."

— J. K. Rowling

Today's Funny

I named my dog 5-Miles.....

(continued on page 8)

Send Us Your Tales!

We are excited that you are sharing your memories and stories with us! Keep 'em coming!

You can submit them via email at stories@seniorlivingmedia.com, or give them to your Community Activity Professional to send to us!

Make sure to put your first name and last initial along with city and state that you live in!

DAILY WORD SEARCH

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Unique Names

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

Birdie
Ollie
Indigo
Elowen
Echo
Goldie
Birch
Wolf
Finnian
Quentin
Tory
Zev
Ezra

WHERE'S OZZY?

Did you know that octopuses love to hide? They can change color to blend in with their surroundings, and they can fit into all sorts of spots.

See if you can find Ozzy in this picture!

WORD JUMBLE

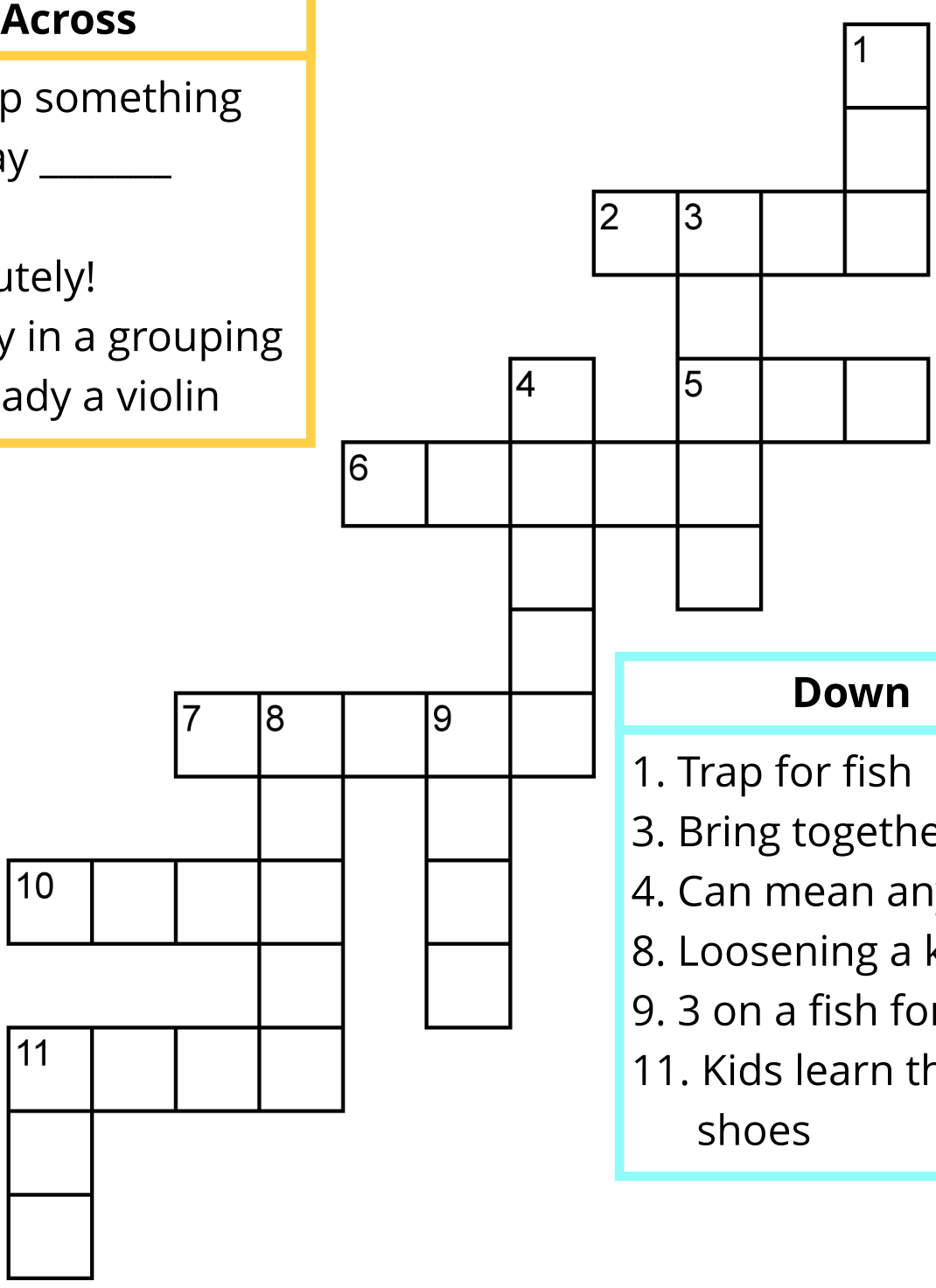
Every answer uses only the letters in the word:

How many can YOU make?

QUENTIN

Across

2. To stop something
5. Holiday _____
6. Silent
7. Absolutely!
10. Entity in a grouping
11. To ready a violin



Down

1. Trap for fish
3. Bring together
4. Can mean anything
8. Loosening a knot
9. 3 on a fish fork
11. Kids learn this for shoes

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.

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

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

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?

WHERE'S OZZY? SOLUTION

SOLUTIONS

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

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

Trivia Answer:

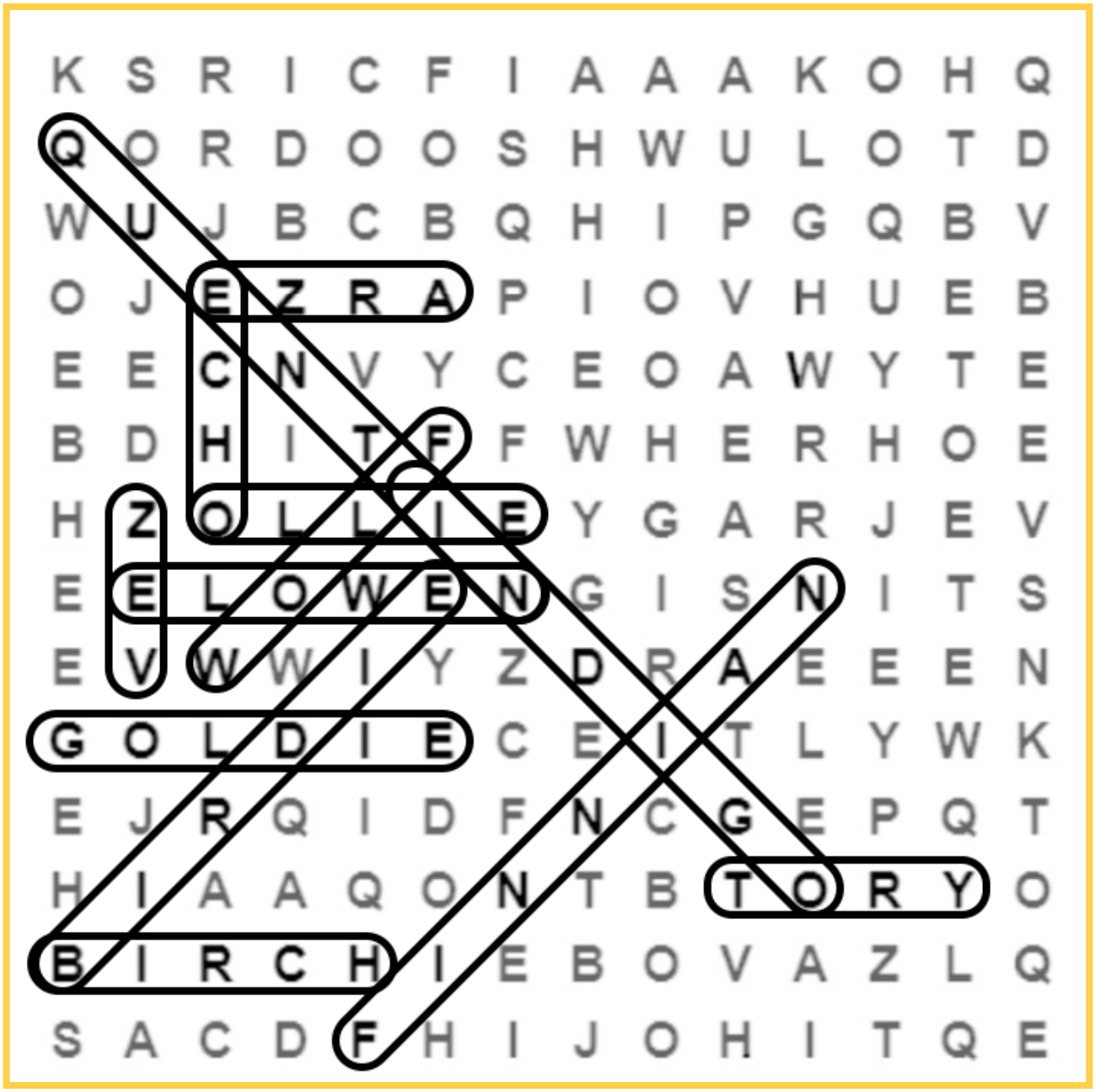
C. Exa Dark is actually one of Elon Musk's children.

Today's Funny:

Now I tell people I walk 5-Miles everyday!

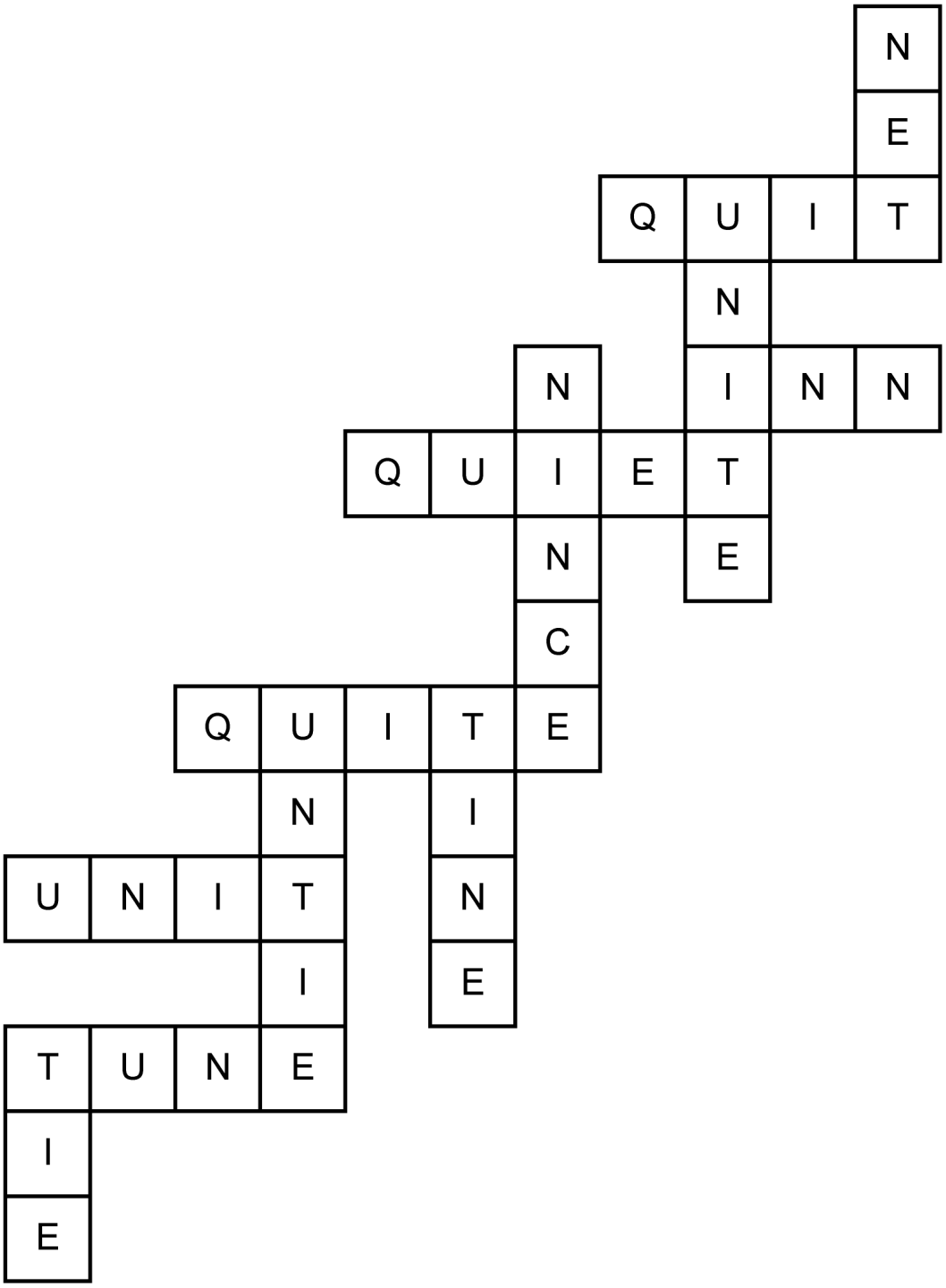
WORD SEARCH SOLUTION

Unique Names



WORD JUMBLE SOLUTION

QUENTIN



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