



# GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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## National School Lunch Week

Like most of you, growing up I went to a small elementary school near my home. We had a male principal and all female teachers, some of which went to our church. They were all great! But, the stars of the show were, without a doubt, the ladies in the cafeteria!

Very few kids brought lunches from home because these ladies could COOK! Everything was made on site and from scratch. On spaghetti day there were giant noodles, yes, but homemade cinnamon buns made it all worthwhile! Their homemade vegetable soup with PB&J sandwiches were my favorite. (The secret was to mix & PB with the jelly and a touch of honey. It was smooth & didn't rip the bread.) On other days, I don't remember the entrée, but the best part was the homemade yeast rolls. WOW! They were incredible!

Kids today get food shipped in from off-site and warmed in the kitchen. Not quite the same as when the entire campus smells of lunch time wonders.

Now that I think about it, there were more parent volunteers on some of those days. Hmmm...I wonder if there's a connection?

**Now for the Important Stuff...**

### **The Week of October 11-17 is:**

- National School Lunch Week
- World Rainforest Week
- National Chestnut Week
- Drink Local Wine Week
- Emergency Nurses Week

### **Some celebrations only last a day:**

#### **11th-Clergy Appreciation Day**

Father-Daughter Day

National Sausage Pizza Day

Southern Food Heritage Day

#### **12th-Fossil Day**

Moment of Frustration Scream Day

National Farmer's Day

#### **13th-Face Your Fears Day**

National No Bra Day

Navy Birthday

Silly Sayings Day

#### **14th-Be Bald & Be Free Day**

Bring Teddy Bear to Work Day

Take Parents to Lunch Day

Spider-Man Day

#### **15th-I Love Lucy Day**

Cake Decorating Day

Cheese Curd Day

National Grouch Day

Real Sugar Day

#### **16th-Department Store Day**

World Food Day

Dictionary Day

Global Cat Day

## 17th-Bridge Day

Raw Milk Cheese Day

International Sloth Day

National Pasta Day

Whole Hog Barbeque Day

Wear Something Gaudy Day

Have a great week & call me if you need a ride to church.

**Serving Him & Loving it!**

Carol 🤗

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*Luke 7:23 ~ "Blessed are those who are not offended by me."*

### Things That Made Me Laugh

- I duck my head down while driving into underground parking garages to make my car fit, in case you were wondering what kind of superior intellect I've passed down to my children.
- His body tensed & quivered as he felt wave after wave surge through it. I probably should have told him about the new electric fence.
- The first 70 years of childhood are always the hardest.
- Me: Fall, where are you?  
Fall: I'm on my way, I had to pickup summer again. He's drunk, in the backseat and smells like pumpkin spice.
- Women have a hard time choosing where to eat because the last time they chose, they doomed all of humanity.

### More Things That Made Me Laugh

- During a visit to my doctor, I asked how he determines if an older person should go to assisted living. He told me they fill up a bathtub, then offer a teaspoon, a teacup, & a bucket and ask them to empty the tub. Me: I get it. A normal person would use the bucket because it's bigger. Doc: no, a normal person would pull the plug. Would you like a bed near the door or the window?
- FYI—you pee on a jellyfish sting, not a jelly stain. Again, my apologies to the lady at the Waffle House this morning.
- No debt. Perfect weight. Eight hours of sleep. Great mental health. No alcohol. Healthy food. That was my peak. I was 8 years old.
- I have ADHD. I don't get distracted. I get hijacked by a thought with better marketing.
- I don't procrastinate. I aggressively do side-quests.
- The older I get, the more I regret all the people I've lost over the years. Maybe being a trail guide wasn't such a great career choice after all.
- Why is everyone at the gym asking me why I'm sitting still on the stationary bike? I'm going downhill, dude, mind your business.
- Maturity is knowing the difference between what you think you can do & what your knees can actually handle.

