



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



VOLUME 10, ISSUE 30

JULY 24, 2026

It's Chicken 'n' Waffles Day!

The combination of chicken and waffles first appeared in colonial Pennsylvania in the 1600s, where the Pennsylvania Dutch served a plain waffle topped with pulled, stewed chicken and gravy as a Sunday meal. Waffles themselves were introduced to America by European colonists, with Thomas Jefferson famously purchasing waffle irons in Amsterdam in 1789, which helped popularize the dish in America.

A distinct version using *fried* chicken emerged in the American South, where waffles were served as a breakfast item with butter & syrup. This version became particularly popular in African American communities in the early 20th century, and was often served as a late-night or Sunday brunch dish in urban centers like Harlem, NY. The Southern style reflects a fusion of African cooking techniques, such as frying seasoned chicken, along with European waffle traditions, creating a sweet and savory combination.

More than just a meal, chicken & waffles is a culinary fusion reflecting centuries of cultural exchange, and has become an enduring symbol of American culinary creativity and community tradition.

Now for the Important Stuff...

The Week of July 26-August 1 is:

- National Tequila Week
- Annie Oakley Days

Some celebrations only last a day:

26th-National Body Painting Day

- National Parents Day
- Coffee Milkshake Day
- National Bagelfest Day

27th-Bagpipe Appreciation Day

- Love is Kind Day
- Walk on Stilts Day
- Crème Brûlée Day

28th-National Milk Chocolate Day

- Buffalo Soldiers Day
- National Waterpark Day

29th-Global Tiger Day

- International Butler Day
- National Chicken Wing Day
- Lasagna Day
- National Lipstick Day

30th-Cheesecake Day

- Father-in-Law Day
- National Chicken & Waffles Day
- Share A Hug Day
- Paperback Book Day
- National Chili Dog Day

31st-National Avocado Day

- National Mutt Day
- National Talk in an Elevator Day
- Uncommon Instruments Day

Things That Made Me Laugh This Week

Aug. 1st-Home Fermentation Day
International Blues Music Day
International Hangover Day
National Clown Day
National Disc Gold Day
National Mustard Day
National Play Outside Day
National Sunflower Day
Sandcastle Day
Spider-Man Day
U.S. Air Force Day

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

Serving Him & Loving it!

Carol 🥰

803-359-2470 or 803-360-7137

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

- Don't mess with old people. The older we get the less "life in prison" is a deterrent.
- I wish I could sleep but my stupid ADHD kicks in & well, basically, one sheep, two sheep, cow, turtle, duck, old McDonald had a farm, heeeey Macarena!
- I don't know how people get eaten by sharks. I mean, how do you not hear the music?
- Life is all about finding people who are your kind of crazy.
- Netflix needs to stop asking if I'm still watching & start asking if I've moved the laundry to the dryer yet.
- Do they have restaurants in Japan where American people cook in front of you with lawn chairs and a grill?
- Did you ever notice there are no recipes for leftover chocolate?

