



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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What is Scrapple & Why Do We Celebrate it?

Wow! National Scrapple Day is upon us. But, what is scrapple and why do we celebrate it?

It is a traditional pork-based dish made from pork scraps, cornmeal, and often buckwheat flour. It is classified as a type of "mush," which is a cornmeal-based pudding that is boiled, set, and then sliced for cooking.

Scrapple originated with German immigrants in America, is particularly popular in the mid-Atlantic states, and often served as a breakfast item. The texture is thick & mushy, resembling a gray meatloaf when sliced. Yum.



Now for the Important Stuff...

The Week of November 9-15 is:

- Children's Book Week
- Farm Toy Show Days
- National Cider Week
- National Split Pea Soup Week

Some celebrations only last a day:

- 9th-** World Freedom Day
World Adoption Day
National Scrapple Day
- 10th-** Sesame Street Day
World Science Day
National Vanilla Cupcake Day

11th- National Metal Music Day

Red Lipstick Day

Veteran's Day

National Sundae Day

12th- Chicken Soup for the Soul Day

Football Day

Hot Buttered Rum Day

National French Dip Day

Pizza With the Works Day

13th- National Sandwich Day

World Kindness Day

14th- International Girls Day

American Teddy Bear Day

National Block It Out Day

National Family PJ Day

National Pickle Day

Spicy Guacamole Day

Operating Room Nurse Day

15th- I Love to Write Day

National Bundt Cake Day

Clean Out Your Fridge Day

America Recycles 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 THIS WEEK.



Chip Monk



A Head of the Thyme



A Spice Girl

Things people raised by Southern parents do that others think is weird.

Things people raised by Southern parents do that others think is weird.

‘Yes Ma’am’ to everyone, every time.

Casserole: The Food of All Feelings

Politeness is practically in our DNA. Growing up, my parents drilled “yes ma’am” and “no sir” into daily conversation like it was a prayer. It didn’t matter if you were talking to your best friend’s grandma or the high school janitor. It was automatic, almost like a reflex.

Nothing says “I care” in the South like a casserole. It’s not just food; it’s the answer to every emotional event. A friend’s mom had a whole lineup ready—broccoli-rice for heartbreak, chicken spaghetti for celebration, and a mysterious “funeral potatoes” recipe for, well, obvious times.

Sometimes, people from other places look at me funny when I throw a respectful ma’am to a barista who’s probably younger than me. But for us, this isn’t about age; it’s about showing everyone a little respect.

Showing up empty-handed is basically a crime. Even if someone stubbed their toe, out comes the casserole. It’s a silent way of saying, “I can’t fix it, but I can feed you.”

It’s kind of sweet, though. Using those little words makes every interaction feel a bit softer & kinder. If only the rest of the world would catch on—it would save a lot of awkward moments when someone thinks you’re sarcastic instead of sincere.

Outsiders don’t always get the fuss. Truth is, casseroles are the glue of Southern community. You drop one off, you’re part of the family, at least for the afternoon. Plus, who can resist all of that cheese?