



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Kombucha Day?

Yep, Kombucha (kom-boo-cha) Day is a real thing. But what **is** kombucha? Don't feel bad. I had never heard of it until my husband starting making it! It took about a year of trial & error before he figured it out. I know because I was his taste-tester.

Kombucha starts with sweet tea. Some batches have black tea and some have green tea. He adds stuff to it—fruit juice, smashed up fruit, even fruit baby food has been used. There are spices added—ginger, nutmeg, cinnamon (different stuff depending on the juice used). I'm not really sure about the rest of the process, I only know how it tastes. It's good!

It's supposed to be good for gut health. Cody (age 3) calls it "Papa Juice". He loves it! If it has more ginger than he likes, he tells Papa it's too "spicy".

Now for the important stuff.

The Week of January 12-18 is:

- Soccer Coaches of America Week
- Cuckoo Dancing Week
- National Mocktail Week
- No Name-Calling Week

Some celebrations only last a day:

- 12th**-Kiss A Ginger Day
- National Hot Tea Day
- National Pharmacist Day
- National Sunday Supper Day

- 13th**-Clean Off Your Desk Day
- National Sticker Day
- National Rubber Ducky Day
- National Peach Melba Day
- 14th**-Dress Up Your Pet Day
- Ratification Day
- International Kite Day
- National Poetry at Work Day
- Organize Your Home Day
- World Logic Day
- Hot Pastrami Sandwich Day
- 15th**-National Kombucha Day
- National Bagel Day
- National Hat Day
- Thank Your Mentor Day
- Strawberry Ice Cream Day
- 16th**-Appreciate A Dragon Day
- National Fig Newton Day
- National Nothing Day
- National Religious Freedom Day
- 17th**-Hot Heads Chili Days
- National Bootleggers Day
- Popeye The Sailor Man Day
- National Classy Day
- National Rye Whiskey Day
- National Hot Buttered Rum Day
- 18th**-Bald Eagle Appreciation Day
- Winnie The Pooh Day
- Thesaurus Day
- Use Your Gift Card 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."

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Weekly Giggles

-The speed at which a woman says "I'm fine." is directly proportional to the severity of the storm that's about to follow.

-I miss the days when shouting "not it!" was an effective way of getting out of things you didn't want to do.

-One thing no one ever talks about being an adult is how much time you debate yourself on keeping a cardboard box because it's, like, a really good box.

-I'm staying at home today. I have mood poisoning.

-I wonder how often my kids look at me and think, "our mom is crazy."

-After all the eating I did over the holidays, I am happy to report that my socks still fit.

-I wanna go back to the days when my biggest anxiety was stopping the cassette tape before the DJ started speaking when recording the top 10.

-When you're finally feeling good about yourself and somebody says, "you look tired."



You can tell these two little monkeys really enjoyed their homemade meatballs for dinner as we celebrated their parents' 8th wedding anniversary.

