



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Heat, Humidity, & Sweat. Oh my!

WOW! It's been HOT! I thank God every day for an inside job! We usually only have a couple of days at these temps, but this has been a rough summer.

I remember a couple of summers like this in high school. We had marching band practice in July—3 times a day! My sophomore year there were several weeks like this and we were out in it—hauling instruments & marching. That year I played the marching marimba. Forty-five pounds of fun on my little 95 pound body. Those were the days when if you couldn't march with it, it wasn't used. We weren't allowed to have the percussion section on the sidelines.

Then came my student teaching year. That year there was a solid week of temps ranging from 101-105 and that didn't include the heat index. It was brutal! I'm fairly certain that's the summer I decided *not* to apply for a job with a high school band.

Now for the Important Stuff...

August is:

- International Pirate Month
- Back to School Month
- Golf Month
- Happiness Happens Month
- National Breastfeeding Month

August is also:

- National Catfish Month
- National Cowgirl Month
- Crayon Collection Month
- National Dog Month
- Goat Cheese Month
- National Panini Month
- National Wellness Month
- Read-A-Romance Month
- Tomboy Tools Month (*pink tools*)

The Week of August 2-8 is:

- International Clown Week
- Simplify Your Life Week
- International Lace Week
- Exercise With Your Child Week
- National Farmer's Market Week
- Stop on Red Week

Some celebrations only last a day:

- 2nd-** American Family Day
- Friendship Day
- National Coloring Book Day
- National Doll Day
- Sister's Day
- Ice Cream Sandwich Day
- 3rd-** National Hair Gloss Day
- Picnic Day
- Watermelon Day
- 4th-** Chocolate Chip Cookie Day
- National White Wine Day
- Raisin Bran Day
- Clouded Leopard Day

- 5th-** Campfire Day
Dolly Parton Day
National Oyster Day
Root Beer Float Day
National Underwear Day
- 6th-** National Fresh Breath Day
Social Engineering Day
- 7th-** Homemade Pie Day
International Beer Day
Lighthouse Day
Water Balloon Day
Professional Speakers Day
Purple Heart Day
Twins Day
- 8th-** Sleep Under the Stars Night
Happiness Happens Day
Middle Children's Day
National Bowling Day
National Garage Sale Day
Fried Chicken & Waffles Day
National Pickleball Day
Wear Your Mom's Jewelry Day
National CBD 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

- If I were a bird, I know *exactly* who I'd poop on. (*It's not a small number.*)
- Before the internet, people thought every village only had one idiot. We were very, very wrong.
- The older I get, the less surprised I'd be if a random body part just fell off one day.
- Here's a reminder before you lose control today. They don't serve alcohol in prison.
- Get out there and be the reason someone increases their meds today.
- Please don't test me. I save all my rage like paid time off—ready to use when needed. (*it's worse when it's this hot*)
- All you "summer is better than winter" folks get outside today and enjoy your hellscape.
- No matter what anyone asks of me today my answer will be "it's too hot for that".
- Adulthood is just looking at your bank account & realizing you're one car repair away from living in the woods with a squirrel named Dave.
- After I say, "that's crazy" twice, please wrap up your story.
- Why does everyone force introverts to leave their comfort zone, but no one forces extroverts to shut up for a while?
- The worst part about parallel parking is the witnesses.
- Everyone is a little crazy, it's just that some of us aren't afraid to whip it out, throw it on a leash and then proceed to take it for a walk in public.
- I spend a massive amount of my daily energy converting my highly accurate thoughts into socially acceptable sarcastic statements.