



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



VOLUME 10, ISSUE 7

FEBRUARY 13, 2026

Time for Some Boiled Peanuts!

Boiling peanuts or “goober peas” have been a part of good Southern heritage since the 1800s. Whatever you call them, boiled peanuts are a staple of most Southern outdoor gatherings and can be purchased at roadside stands & gas station parking lots.

Good & healthy, boiled peanuts pack a punch in terms of health benefits. They are rich in protein, fiber, & healthy fats. Some say they support heart health & aid in weight management by keeping you feeling full longer. Boiled peanuts are loaded with antioxidants, which help reduce inflammation. As if that’s not enough, they also are believed to provide essential vitamins & minerals, including magnesium & vitamin E.

My father-in-law didn’t eat them as he claimed peanuts were only good for fattening hogs. Healthy or not, if you’re looking for a salty treat, boiled peanuts are a great choice!

Now for the Important Stuff...

The Week of February 15-21 is:

- National Entrepreneurship Week
- Random Acts of Kindness Week
- National Sauna Week

Some celebrations only last a day:

- 15th**-Digital Learning Day
 - National Gum Drop Day
 - Singles Awareness Day
 - National Hippo Day
- 16th**-National Almond Day
 - Shrove Monday
- 17th**-Analog to Digital TV Day
 - International Pancake Day
 - Mardi Gras
 - Fat Tuesday
 - National Cabbage Day
 - Pancake Day Race (US vs. England)
- 18th**-Ash Wednesday
 - National Battery Day
 - Global Drink Wine Day
 - Crab Stuffed Flounder Day
- 19th**-National Chocolate Mint Day
 - Arabian Horse Day
 - Skate Shop Day
 - National Lashes Day
- 20th**-Love Your Pet Day
 - National Comfy Day
 - National Muffin Day
 - National Leadership Day
 - National Cherry Pie Day
 - National Tartar Sauce Day
 - Hoodie Hoo Day (*think Gomer Pyle*)
- 21st**-World Kombucha Day
 - World Whale Day
 - National Boiled Peanuts Day***
 - National Red Sock Day
 - National Sticky Bun 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."

.....

Things You Only Hear in a Small Town

- We ain't got much, but we do got a good funeral home.
- You can't spit in this town without hitting somebody who owes you \$20.
- He didn't actually graduate, but they still let him walk at graduation because they like his momma.
- He proposed on a 4-wheeler with a ring pop and she said, "well, I reckon."
- We ain't got Uber Eats, but Bubba will bring you gas station chicken for a pack of cigs.
- It ain't gossip if you pray right after you say it.
- You can tell when deer season starts, 'cuz ain't a man in town answering his phone.



Pancake Supper, Feb. 17th @ 6 pm

