



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Ice Cream for Breakfast?

My mother used to say that when she turned 80 she was going to eat ice cream for every meal, every day. Well, 80 has come & gone and she's not eating it for every meal, but there is always plenty of ice cream in the freezer.

What are your thoughts? Are you strictly a bacon & eggs person or is cereal your breakfast of choice? We grew up eating lots of different things in the morning. Sometimes we even had tuna sandwiches for breakfast. But we also had breakfast for dinner sometimes. In our family, whatever you're in the mood for is fine when it comes to food!

Now for the important stuff.

The Week of January 26-February 1 is:

- International Snow Sculpting Week
- Data Privacy Week
- Meat Week
- National Cowboy Poetry Week

Some celebrations only last a day:

- 26th**-Clashing Clothes Day
 - National Bible Sunday
 - National Peanut Brittle Day
 - National Green Juice Day
 - National Spouses Day
- 27th**-Bubble Wrap Appreciation Day
- Thomas Crapper Day

- 28th**-National Kazoo Day
 - Blueberry Pancake Day
 - Rubber Ducky Day
- 29th**-Chinese New Year
 - Curmudgeons Day
 - National Puzzle Day
 - Freethinkers Day
 - National Corn Chip Day
- 30th**-National Croissant Day
 - Inane Answering Message Day
- 31st**-Fun At Work Day
 - National Hot Chocolate Day
 - National Big Wig Day
 - National Pre-School Fitness Day
- 1st**- Barber Day
 - Change Your Password Day
 - National Dark Chocolate Day
 - G.I. Joe Day
 - Brownie Camera Day
 - Ice Cream for Breakfast Day
 - Play Outside Day
 - Spunky Old Broads 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."

Weekly Giggles

Commandments for Seniors

- Talk to yourself. There are times you need expert advice.
- “In-style” are the clothes that still fit you.
- You don’t need anger management. You need people to stop ticking you off.
- Your people skills are just fine, it’s your “tolerance for idiots” that needs a bit of work.
- The biggest lie you tell yourself is, “I don’t need to write that down. I’ll remember it.”
- “On time” is when you get there.
- Even duct tape can’t fix stupid, but it sure does muffle the sound.
- It would be wonderful if we could put ourselves in the dryer for 10 minutes and then come out wrinkle free & three sizes smaller.
- Lately, you’ve noticed people your age are so much older than you.
- Growing old should have taken longer.
- Aging has slowed you down, but it hasn’t shut you up.
- You still haven’t learned to act your age.
- “One for the road” means, going to the bathroom before you leave the house.

Random Giggles

- Noah saved bacon & steaks, not lettuce & cauliflower.
- I choked on a carrot this afternoon & all I could think was, “I’ll bet a donut wouldn’t have done this to me.”
- Some days I do several loads of laundry, clean the kitchen, make the bed, mop the floors, & have dinner ready. Other days I eat a box of Oreos & call it a day. It’s all about having balance.
- You are only young once, but you can stay immature indefinitely.
- What do we learn from cows, buffalo, & elephants? It is impossible to reduce weight by eating green grass and salads and walking.
- If a woman is chugging chocolate chips straight out of the bag in the baking aisle at the grocery store, I suggest you just let her be.
- I’m ready to stop complaining about winter & start complaining about summer.
- I’m not sarcastic all the time, just when I’m awake.
- Friend: wanna go for a run?
Me: from what?
- I do not make mistakes. I create unexpected outcomes.