



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



VOLUME 10, ISSUE 4

JANUARY 23, 2026

It's Time to Celebrate Curmudgeons

Traditionally, curmudgeons are grumpy old people, but there's a bit more to them than that. They are often voices of reason, & great role models that know how to stick to their values. Anyone can be one. You don't have to be old or have a certain look. Want to be one? Here's a beginner's guide.

- Question popular trends, beliefs, & authority figures. Curmudgeons go against the grain and often offer a contrarian viewpoint.
- Live how you want, don't follow the popular trends. Dress however you want, favoring comfort & utility over fashion trends.
- Cultivate a serious or grouchy vibe, but also foster dry humor and don't be afraid to joke about yourself and the world around you. Keep things serious more often than not.
- Use your grouchiness to stick up for others. The best curmudgeons complain on others' behalf and say what everyone else is thinking. Strive to be the type of curmudgeon who stands up for others.
- Pick your battles! Ask yourself if complaining about something will really make it better. Don't go to war over everything or people will start ignoring you. Take a stand when you

think it really matters. Ground your complaints in evidence. Do your research. If you back up what you say with facts, instead of just complaining all the time, you are more likely be taken seriously.

Do we *need* curmudgeons in our lives? It sounds like we do! They are willing to say what everyone else is thinking, but nobody else is willing to say out loud. And without them, who would sit on the porch & yell, "get off my lawn!"

Now for the Important Stuff...

The Week of January 25-31 is:

- Clean Out Your Inbox Week
- Meat Week
- National Cowboy Poetry Week

Some celebrations only last a day:

25th-National Irish Coffee Day

Opposite Day

26th-National Bubble Wrap Day

Clashing Clothes Day

National Green Juice Day

National Spouses Day

National Peanut Brittle Day

Toad Hollow Day of Encouragement

27th-International Port Wine Day

National Plan a Vacation Day

National Chocolate Cake Day

Thomas Crapper Day

28th-National Kazoo Day
 Rubber Ducky Day
 National Blueberry Pancake Day

29th-Curmudgeons Day
 Freethinkers Day
 National Puzzle Day
 National Corn Chip Day

30th-Croissant Day
 Fun at Work Day
 National Big Wig Day
 Inane Answering Message Day

31st-Fruitcake Toss Day
 National Seed Swap Day
 National Hot Chocolate Day
 Inspire Your Heart w/Art Day
 National Backward 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."

February Family Gatherings

Soup Supper—Feb. 2 @ 6 pm
Pancake Supper—Feb. 17 @ 6 pm

If you need a ride, call me & I'll come & get you! We miss you!

Sometimes I can't tell if I'm just in a bad mood or if everyone around me is being annoying.

When Your New Neighbor Ain't From Around Here

- She said our town's behind the times. I said, "thank you."
- She wanted to call Animal Control because a chicken got loose. I said, "Ma'am, that's Feather Locklear. She lives here."
- She asked me why everybody waves when they pass you on the road. I said, "it's called being raised right."
- He said y'all with hesitation. I said, "don't force it darling, we can tell."
- She brought a kale salad to the annual potluck. Legend has it it's still sitting there.
- She said she doesn't eat fried food. I said, "well, you ain't eating here, cuz we'll fry anything."
- She asked if the cows were just for aesthetic. I said, "no ma'am, they're supper."
- She said the antiques store smelled "old". I said, "that's the point."

.....

