



GOLDEN AGERS



Celebrating Seniors, Enjoying Life & Laughter

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Kombucha & Quark?

I must admit, I didn't have a **clue** what *Kombucha* was until my husband started making it. According to a Kombucha website (yes, there is such a thing), it is a "lightly effervescent, fermented tea that can be flavored all sorts of ways and is perfect for promoting gut health."

I have no idea what initially got him interested in making his own, but after a year or so of experimenting, he has gotten very good at it. He now makes some with black tea & some with green tea. Sometimes he adds apple juice & spices, sometimes he uses mango or peaches—whatever we have on hand. If you are interested in a sample, let me know & I'll bring some to you.

But what is **Quark**, you might ask. Well, it is a "European superfood claiming to be a delicious, high-protein, low-fat alternative to soft cheese & yogurt that can be used for baking, cooking, and blending." Delicious? That remains to be seen.

The Quark website (yep, they have one, too) claims that both cream cheese and sour cream can be substituted with quark. It can be used in smoothies, cheesecakes, dips & spreads & that it's "versatility might surprise you." Really?

Dating back to the 14th century, Quark also claims to be a home remedy and beauty product used by millions all over Europe. Well, what do you know?

Now onto important stuff!

The Week of January 14-20 is:

- Cuckoo Dancing Week
- Fresh Squeezed Juice Week

Some celebrations only last a day:

14th-Dress Up Your Pet Day

International Kite Day

National Sunday Supper Day

Organize Your Home Day

World Logic Day

Hot Pastrami Sandwich Day

15th-National Kombucha Day

National Bagel Day

National Hat Day

Strawberry Ice Cream Day

16th-Appreciate a Dragon Day

Fig Newton Day

National Nothing Day

National Quinoa Day

Religious Freedom Day

17th-Cable Car Day

Hot Heads Chili Day

National Bootleggers

Judgment Day (this website that claims this also claims to sell "dragon balm for sore muscles" so...)

Weekly Giggles

- 17th**-Popeye Day
 - National Rye Whiskey Day
 - National Classy Day
 - Hot Buttered Rum Day
- 18th**-Winnie the Pooh Day
 - Thesaurus Day
 - National Peking Duck Day
- 19th**-Bald Eagle Appreciation Day
 - Popcorn Day
 - Tin Can Day
 - World Quark Day
- 20th**-Camcorder Day
 - National Cheese Lovers Day
 - National Disc Jockey Day
 - Penguin Awareness Day
 - Use Your Gift Card Day
 - National Buttercrunch Day
 - National Granola Bar Day



Have a great week & call me if you need a ride to church.

Serving Him & Loving it!

Carol

803-360-7137 or 803-359-2470

If you want to come to either of these & need a ride, please call me or Dot Rish.

Feb. 4—Soup Supper @ 6 pm

Feb. 13—Pancake Supper @ 6 pm

