



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Polka: The Dance of Rebellion

While European elite were dancing the more dignified waltz, folks in the Czech Republic were embracing a more lively music & dance style. The polka emerged in the early 1800s as a lively adaptation of the waltz & quickly gained popularity across Europe.

While often associated with Oktoberfest, as polka music spread, different regions infused it with their own unique cultural influences.

- Czech & Slovak Polka featured the accordion & brass instruments.
- German & Austrian Polka includes the strong “oompah” of the tuba.
- In America in the 1880s, European immigrants combined brass band music & polka rhythms to create Mexican Banda music.

Polka’s rapid tempo and close-contact style shocked the aristocracy of 19th century Europe. Unlike the structured & formalized dances of the time, the polka embraced free movement, joy, and inclusivity. This made it popular among the working class, where it became a symbol of cultural pride & resistance to elitist norms. By the time it reached America, polka had solidified itself as a dance of communal joy rather than social constraint.

Now for the Important Stuff...

The Week of May 17-23 is:

- Morel Mushroom Days
- National Foul Ball Week
- New Friends, Old Friends Week
- National Backyard Games Week
- National Unicycle Week
- Mule Days (Bishop, CA version)
- Old-Time Player Piano Week
- National Polka Week

Some celebrations only last a day:

- 17th**-Graduation Tassel Day
National Walnut Day
Pinot Grigio Day
Ride A Unicycle Day
Take Your Parents to the Park Day
- 18th**-Buy A Musical Instrument Day
I Love Reese's Day
National No Dirty Dishes Day
International Museum Day
Visit Your Relatives Day
- 19th**-National Scooter Day
Accounting Day
- 20th**-Blue Jeans Day
Eliza Doolittle Day
Juice Slush Day
World Bee Day
- 21st**-Eat More Fruits & Veggies Day
Rapture Party Day
World Chardonnay Day
International Tea Day

22nd-Dandelion Day

Don't Fry Day

National Cooler Day

National Polka Day

National Road Trip Day

National Wig Out Day

Sherlock Holmes Day

23rd-International Turtle Day

National Learn to Swim Day

National Taffy 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."



50's Music with New Lyrics for Baby Boomers

- *Mrs. Brown, you've got a lovely walker.* (Herman's Hermits)
- *How can you mend a broken hip?* (The Bee Gees)
- *Splish splash I was having a flash.* (Bobby Darin)
- *I'll get by with a little help from depends.* (Ringo Starr)
- *I Heard it from the Grape Nuts* (Marvin Gaye)
- *You make me feel like napping.* (Leo Sayer)
- *A whiter shade of hair.* (Procol Harem)
- *I am woman, hear me snore.* (Helen Reddy)
- *Denture Queen* (Abba)

When Southern Women Don't Trust Someone

- My spirit don't settle around them.
- They smile too much. Makes me nervous.
- I don't trust nobody that friendly.
- My gut said no and my gut don't lie.
- They know stuff they wasn't told.
- They laugh when ain't nothing funny.
- Nobody knows their people.
- They ain't related to nobody.
- They agree with everything. Nobody agrees with everything.
- They're too comfortable in other people's houses.
- If they gotta tell you they're good people, they ain't.



SILLY STRING QUARTET