



# Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

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## A Week of YUMMY Celebrations

This week has a lot of Food and Beverage celebrations—my personal favorites! AND, since it is also Chef's Appreciation Week, it's only fitting that we examine a few of them and see how best to celebrate!

First up is **National Rum Day**. Well, that one is easy enough. It's peach season in SC so take your frozen peaches, put them in the blender with a little Karo syrup (if you didn't sugar them before you froze them), add a splash of rum and voila—Peach Daiquiris. Top with whipped cream and enjoy! Our French professor at Columbia College was "fresh off the boat" as they say and told us there were two things she purchased as soon as she got to America. The first was a Camaro (which we all understood) and the second was a blender. When we asked why we were told, "to make those fabulous daiquiris." She also bought us all chef hats and taught us to make crepe Suzette. She was a fun teacher!

**National Fajita Day** is this week as well! If you have a hankering for some really good ones, hop over to San Jose Express by Publix on Hwy 378. They do a fabulous job! Try their sweet tea! It's awesome. Tell them Carol sent you.

Now, I'm not a fan of Root Beer, but **ice cream floats** were always something we had in the summertime growing up. Throw some vanilla ice cream in a glass, pour your favorite carbonated beverage over it and sip slowly (to avoid the inevitable brain freeze). Grape Nehi makes a yummy one, but a Pepsi float was probably the best. I miss those days!

**National Potato Day** sounds like fun since Americans have probably created more ways to eat potatoes than any other country. We eat them fried, stewed, roasted, baked, grilled, mashed and topped with meat. Add a little salt, a lot of butter and cheese, and you're good to go! In fact, potatoes are one of the few foods we eat for breakfast, lunch, and supper. Yum!

**Soft Ice Cream Day** is a great one to celebrate this time of year. I remember as a child riding all the way to CHAPIN for ice cream because it was a nickel for a single scoop at the Chapin Pharmacy. A dime got you two scoops—big scoops. I wonder how much we spent in gas to save money on ice cream. 😊

**Chocolate Pecan Pie Day.** Just when you think pecan pie can't get any better, someone added chocolate to the recipe. YUM!! Oh, and I don't know how you pronounce it, but my great grandma said a "pee-can is what you put under the bed so you don't need shoes if you have to get up in the middle of the night", so we always said pe-Kahn. Still yummy no matter how you pronounce it.

**National Lemonade Day** is another fun one. Did you ever have a lemonade stand when you were a kid? We did. I don't remember making tons of money or doing it very many times, but it was still fun. Makes me want to run to Chick-Fil-A and get a large lemonade. Ok, not RUN, because it's HOT out there, and my hair will frizz and I'll look like an alpaca running down the street, but I could drive...with the A/C running full blast.

Which brings us back to **Chef Appreciation Day**, which ends our week. Our resident chef, Barry Moore, (who doubles as our Chancel Choir director) is planning a great menu for all of y'all on Golden Age Sunday, September 12th. If you would like to come, but need a ride, PLEASE call me. I have an entire TEAM of people willing to come and get you and take you home afterwards!! (Actually they will come and get you for ANY of our services or events. So call me any time you want to come.

**Now on to important stuff...**

**The Week of August 15-21:**

- National Aviation Week
- Chef's Appreciation Week

**Some celebrations only last a day.**

- 15th**-Best Friends Day
  - National Relaxation Day
  - National Thrift Shop Day
- 16th**-National Rollercoaster Day
  - National Rum Day
- 17th**-Black Cat Appreciation Day
  - I Love My Feet Day
- 18th**-Bad Poetry Day
  - National Fajita Day
  - National Couple's Day
  - Serendipity Day
- 19th**-Aviation Day
  - Black Cow Root Beer Float Day
  - World Photo Day
  - National Potato Day
  - National Soft Ice Cream Day
  - International Hair Bow Day
- 20th**-Kool-Aid Day
  - Chocolate Pecan Pie Day
  - National Lemonade Day
  - National Radio Day
  - World Mosquito Day
- 21st**-Chef Appreciation Day
  - Poet's Day
  - Senior Citizen's Day

Have a great week & call if you need anything!

**Serving Him & Loving it!**

Carol 🥰

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