



# Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

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## It's Apple Cider Time!

Apple Cider is everywhere this time of year—a mainstay of farmers markets and festivals. An adult version of the popular drink can also be ordered at the bar. This boozy cider is actually truest to the drink's earliest form, with roots dating back millennia.

Until relatively recent history, apples weren't for eating. In fact, they were often too bitter to just munch on. Instead, for thousands of years, people would press them for the juice and leave it to ferment, letting it bubble away until it turned into boozy hard cider.

Evidence of apple trees growing along the banks of the Nile River can be found dating back to about 1300 B.C., but there's no evidence that ancient Egyptians ever used them for cider. However, considering how much the Egyptians enjoyed beer (and that they were one of the first cultures to brew it), they did have some notion of the joys of fermenting alcoholic beverages.

What is clear about cider is that once the drink caught on, it spread

fast. By the time the first Romans sailed to the British Isles in 55 B.C., the locals were drinking a cider-like drink made from apples, which their new visitors quickly fell in love with. Soon, cider spread throughout the Roman Empire and across Europe.

The earliest colonists brought cider with them to America. While beer was more popular across the pond at the time, the first Europeans to settle had a hard time growing grains and barley. Apples, however, grew easily in New England, making cider the perfect alternative.

The cider was safer to drink than much of the water available and full of nutrition to get them through the hard winters. There was even a less-alcoholic variety for children called "applekin". As for the famous apple farmer, Johnny Appleseed? The orchards he planted across the United States were originally intended for cider suppliers, not pie bakers.

WOW! I remember we always watched the movie of Johnny Appleseed (I still remember that song), but my elementary teacher never told me **that** part of the story.

**Now on to “important” stuff...**

**The 3rd week of November is:**

- Random Acts of Kindness Week
- Young Readers Week
- Geography Awareness Week

**Some fun only lasts a day.**

**15th**-National Bundt Pan Day  
Clean Out Refrigerator Day  
I Love to Write Day

**16th**-National Button Day  
American Teddy Bear Day

**17th**-Homemade Bread Day  
Take a Hike Day  
Parents Day

**18th**-Mickey Mouse Day  
Apple Cider Day  
National Princess Day  
Push-Button Phone Day

Married to a Scorpio Support Day  
**19th**-American Made Matters Day  
Have a Bad Day Day  
Rocky & Bullwinkle Day  
Use Less Stuff Day  
World Toilet Day

**20th**-Hug a Runner Day  
Name Your PC Day  
Peanut Butter Fudge Day

**21st**-Family Volunteer Day  
Red Mitten Day  
World Television Day

Have a great week & call if you need anything!

Serving Him & Loving it!

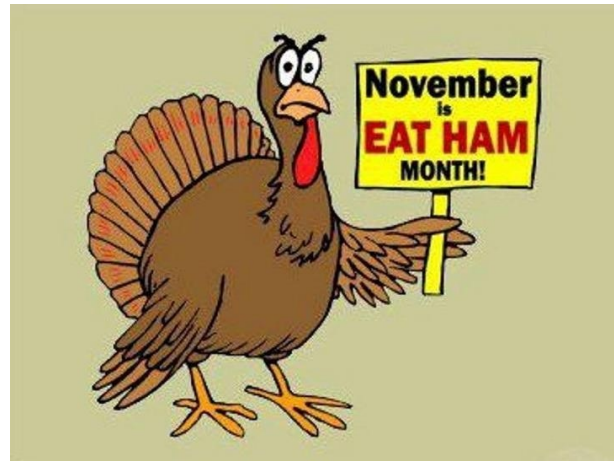
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## WEEKLY GIGGLES



**The Bible truly covers everything.**

**Stores:** Full of Christmas stuff and playing Christmas music.

**Thanksgiving:** “I am forgotten...”  
Psalm 31:12