



# Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

VOLUME 5, ISSUE 21

MAY 21, 2021

## Whackiest “Holiday” Yet

May 29th is “Put a Pillow On Your Fridge Day” and is celebrated each year in Europe and the U.S. The day is all about prosperity, good fortune, and having a bit of fun along the way. Since you know I’m all about having fun (and celebrating kooky “holidays”) I wasn’t about to let this one pass by without more discussion.

This bizarre holiday spans back to the early 1900s, where families would place a piece of cloth or linen within their larders. The piece of cloth would have typically been torn from something kept in their bedroom, such as a blanket or nightgown, before being put in their larder. They believed placing a piece of cloth from their bedroom into the place where their food was kept brought about the possibility of plentiful food and rich fertility to their household.

So, what is a larder? It’s an old-fashioned word, appearing in English in the early 14th century, and originally meaning “a room or closet in which meat and other provisions are stored.” Larders are usually a cold room or large cupboard used for storing food. I personally call mine a pantry, but you get the picture. The word “larder” comes from the Latin “lardum”, which means pork, fat, or bacon.

Today, a closet full of meat may seem a tad questionable, but it was created back when people used lard (along with rendered animal fat) to grease pans and cook food. The larder is where they kept their bacon...and their lard.

The modern act of putting a pillow on your fridge itself is a throwback to the bedroom-orientated cloth placed in the larder. As time moved on & technology advanced, larders became far less common, with more people opting for an electrical refrigerator. The widespread introduction of General Electric’s “Monitor-Top” fridge in 1927 started to signal the death of larders. Larders may have gone by the wayside, but the odd tradition just evolved into something much more spectacular and has become a worldwide celebration.

How do I celebrate this wonderful day? That’s the easy part. Simply place a pillow on top of your fridge. Be sure to snap a picture and share it on Facebook!

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

**Week of May 24th-30th is:**

- National African Violet Week
- Backyard Games Week
- Learn to Swim Week

**Some fun only lasts a day:**

**24th**-International Tiara Day

Morse Code Day

Victoria Day

Yucatan Shrimp Day

**25th**-Cookie Monster's Birthday

National Tap Dance

National Wine Day

Nerd or Geek Pride Day

Towel Day

**26th**-National Chardonnay Day

National Paper Airplane Day

World Otter Day

**27th**-Cellophane Tape Day

Eat More Fruits & Veggies Day

Joe Cool Day

**28th**-Don't Fry Day

National Brisket Day

National Cooler Day

National Hamburger Day

National Polka Day

National Road Trip Day

National Wig Out Day

Slugs Return from Capistrano Day

**29th**-Learn About Composting Day

Learn to Swim Day

Put a Pillow on Your Fridge Day\*

**30th**-Mint Julep Day

National Creativity Day

Have a great week & call if you need anything!

**Serving Him & Loving it!**

*Carol* 😊

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**Old-  
Fashioned  
Larder**

