



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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July-the First Hot Month

If you're new to the area you may wonder a few things about the way we live & work in July. There's no denying that July is hot! It's typically when we have our first 100+ degree days. It's when we try to slow things down a little. Outdoor activities are at a minimum unless they involve being in, under, or around water. But, be warned, it's not the end, but only the *beginning* of the heat that is life in South Carolina.

July is the month for vacations and the lightening of schedules. It's for lemonade sipped under a ceiling fan while sitting in front of a floor fan. Those are dreams, but here's the reality.

July is for harvesting summer crops as early in the day as possible and then spending the rest of the day in a hot kitchen canning the veggies and making jams & jellies from the fruits. This takes the heat to different level. The humidity outside is multiplied in a kitchen full of pressure cookers & steam baths.

July is also for baseball games, cookouts, and football & marching band practice. Our high school band started our "two-a-days" in July since we had to be ready for the first game in mid-August.

Ask anyone who marched in the band or played football in high school and they will tell you. You haven't been hot, or tired, until you've spent the day on a football field in the July heat! The band was typically out from 8 am to noon learning our drills. We took a lunch break & then rehearsed music inside from 1-4 pm. After a break for dinner, we were back outside from 6 pm until it was so dark we couldn't see. (No, there were no lights on the practice field, which was probably a blessing.) This "fun" went on for a minimum of two weeks. Once school started, band (or football) was our last class for the day which meant practice was from 2-6 pm Monday thru Thursday with football games on Friday. Whoever decided band uniforms should be made of wool obviously never had to wear one in the fall in South Carolina.

Take some time this month to relax and slow down a little. If you must get out to water plants & such, do it early while the humidity is lower (not low, just lower). Drink lots of water & when you see a storm over the lake, before you question God as to why we're not getting any of that rain, ask Stella to tell you the story of when Bill Stone asked that question. Let's just say he only asked once. 😊

Now for the important stuff.

July is:

- Air-Conditioning Appreciation Month
- Bikini Month
- National Cell Phone Courtesy Month
- Family Golf Month
- Get Ready for Kindergarten Month
- Independent Retailer Month
- National Deli Sandwich Month
- National Anti-Boredom Month
- National Baked Beans Month
- National Blueberries Month
- National Contract Sewing Month
- National Deli Salad Month
- National Grilling Month
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month
- National Rodeo Month
- National Vacation Rental Month
- Parks & Recreation Month
- National Watermelon Month
- Smart Irrigation Month
- Tour de France Month
- Wheat Month
- Women's Motorcycle Month
- World Watercolor Month

The Week of June 30-July 6 is:

- Fireworks Safety Week
- Watermelon Seed Spitting Week
- National Tom Sawyer Days

Some celebrations only last a day:

(Let's finish June first)

- 30th-**Social Media Day
- California Avocado Day
- Log Cabin Day

(ok, let's start July)

- 1st-** International Tartan Day
- National Postal Workers Day
- National Gingersnap Day
- Creative Ice Cream Flavors Day
- 2nd-**I Forgot Day
- Made In The USA Day
- World UFO Day
- 3rd-** Compliment Your Mirror Day
- Rock Painting Day
- Stay Out Of The Sun Day
- National Chocolate Wafer Day
- 4th-** Independence Day
- Boom Box Parade Day
- Hot Dog Eating Day
- National BBQ Ribs Day
- 5th-** Bikini Day
- National Apple Turnover Day
- Work Without Your Hands Day
- 6th-** National Fried Chicken Day
- Cherry Pit Spitting Day
- International Kissing Day
- National Corn Hole Day
- Independent Beer Run Day
- National Play Outside Day

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

Serving Him & Loving it!

Carol 🥰

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