



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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August is Here & it's Hot!

There are quite a few wonderful things to celebrate this week! As long as they are indoor activities, I'm fine, but when the thermometer stays near 100, I prefer the air conditioning over anything outside.

Is it the *heat* or the *stupidity* that makes summer seem to last so long? Sorry, I guess that should have been *humidity*, but, lately, *stupidity* might be right after all. When did we start dumbing down everything? If you grew up in the South, you are more than familiar with the *heat index*. When did it become the *feels like temperature*? That just makes it sound like we're too stupid to understand how heat combined with humidity makes it feel hotter. We knew the difference many years ago. Why are we dumber now? I have my theories, but I won't go there.

Lots of new things suddenly have their own day. Pickleball—that strange combo of ping pong & tennis. CBD? Yes, I know what that is. I went to Columbia High school in the 70's. Now you can buy it in pharmacies instead of behind the gym & it comes in many different forms.

When did we get a day for shapewear? I thought that was something used, but never mentioned. Stop on Red Week?

Hasn't that *always* been the rule? Clown Week? That seems to happen every week these days & not just when the Circus comes to town.

Is it just me, or do you get crankier in summertime? Maybe I'm just too hot, or hungry, or need a nap. In Kindergarten we always had a snack & a nap. It turns out that was biblical. In 1 Kings 19, Elijah was tired and hungry (& probably hot). He said to God, "I have had enough, Lord!" God told him to sleep & then have something to eat. Elijah felt much better & was able to go on the strength of that food & that nap for 40 days & 40 nights. Wow! That must have been *some* nap!

The next time you feel yourself getting cranky, have a snack & a nap. You'll be amazed at how much better you will feel. It's biblical. Naps & snacks are good! God said so!

Now for the important stuff.

The Week of August 3-9 is:

- International Clown Week
- Simplify Your Life Week
- National Button Week
- National Farmers' Market Week
- Stop On Red Week

Some celebrations only last a day:

- 4th-** American Family Day
Friendship Day
Coast Guard Day
National Chocolate Chip Day
National Doll Day
National White Wine Day
Raisin Bran Day
Sister's Day
- 5th-** National Oyster Day
National Underwear Day
Picnic Day
Electric Traffic Light Day
- 6th-** National Root Beer Float Day
Social Engineering Day
- 7th-** Lighthouse Day
Purple Heart Day
- 8th-** International Cat Day
National CBD Day
National Pickleball Day
National Whataburger Day
Wear Mom's Jewelry Day
- 9th-** Book Lovers Day
Shop Online for Groceries Day
- 10th-** Middle Child Day
National Bowling Day
National Garage Sale Day
National Shapewear Day
S'mores Day
Paul Bunyan Day
Skyscraper Appreciation Day
Croquet Day

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

Serving Him & Loving it!

Carol

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Luke 7:23 ~ "Blessed are those who are not offended by me."

Things That Made Me Laugh This Week

-Dear Fairy godmother, Could you please "bippity-boppity-boo me back to 17-years-old and that awesome body I thought was fat? Thanks.

-Common Sense is now an endangered species. Stupidity has taken over the world & unfortunately there is no known cure.

-Life is all about finding people who are your kind of crazy.

