



Jeff's AAA Dry Cleaning News

November 2018

LET US GIVE YOU A HAND!!

Professional Dry
Cleaning & Laundry

Comforter &
Bedsread Cleaning

Area Rug Cleaning

UGG Boot Cleaning

Wedding Gown
Cleaning

Leather & Suede
Cleaning

We do Personal
Laundry
Wash, Fluff & Fold

Minor Alterations &
Repairs



Thursday,
November 22, 2018

November 4



7 Scientifically Proven Benefits of Gratitude that will Motivate You to Give Thanks Year-Round! (By Amy Morin)

1. *Gratitude opens the door to more relationships.* Not only is saying "Thank You" good manners, but showing appreciation can help you win new friends.
2. *Gratitude improves physical health.* Grateful people experience fewer aches and pains and they report feeling healthier than others
3. *Gratitude improves psychological health.* Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert Emmons, Ph.D., a leading gratitude researcher, confirms that gratitude effectively increases happiness and reduces depression.
4. *Gratitude enhances empathy and reduces aggression.* Basically, grateful people are kinder, more sympathetic, and don't desire to seek revenge.
5. *Grateful people sleep better.* Writing in a gratitude journal improves sleep.
6. *Gratitude improves self-esteem.* Gratitude appears to reduce social comparison. Grateful people are able to appreciate other people's accomplishments.
7. *Gratitude increases mental strength.* For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. Recognizing all you have to be thankful for, even during the worst times of your life, fosters resilience.



**WE WOULD BE SO
THANKFUL FOR A
NEW CUSTOMER**



**WE WILL STUFF
YOUR POCKET WITH
\$10 FREE DRY
CLEANING FOR YOU
AND \$10 FOR THE
NEW CLIENT!**



**WE AT JEFF'S AAA DRY CLEANING
ARE GRATEFUL FOR YOU, OUR
CLIENTS, NOT ONLY AT
THANKSGIVING BUT THROUGHOUT
THE YEAR. IT'S OUR PLEASURE TO
SERVE YOU.**

**WISHING YOU AND YOURS A
WONDERFUL THANKSGIVING
WEEKEND!**

REMEMBER FOR THANKSGIVING WEEK:

**Monday/Thursday customers -
Monday, Nov 19, and Wed, Nov 21**

**Tuesday/Friday customers -
Tuesday, Nov 20, and Fri, Nov 23**



**LOOKING AHEAD FOR THE CHRISTMAS
HOLIDAYS**

**Christmas Week (Dec 24-28) and
New Years Week (Dec 31-Jan 4),**

**We will only be working Thursday and Friday
Monday/Thursday customers, Thursdays only
Tuesday/Friday customers, Fridays only**

THINK ABOUT THIS.....

FAMOUS FAILURES

Michael Jordan – After being cut from his high school basketball team, went home, locked himself in his room, and cried.

Walt Disney – He was fired from a newspaper for “lacking imagination” and “having no original ideas.”

Steve Jobs – At 30 years old, he was left devastated after being unceremoniously removed from the company he started.

The Beatles – Rejected by Decca Recording studios who said “we don’t like their sound” and “they have no future in show business.”

Oprah Winfrey – She was demoted from her job as a news anchor because she “wasn’t fit for television.”

Albert Einstein – He wasn’t able to speak until he was almost 4 years old. His teachers said he’d “never amount to much.”

“IF YOU’VE NEVER FAILED, YOU’VE NEVER TRIED ANYTHING NEW!”

Black Friday:
Because only in America,
people trample others for
sales exactly one day after
being thankful for what
they already have.



someecards
user card



Tuesday, November 6, 2018



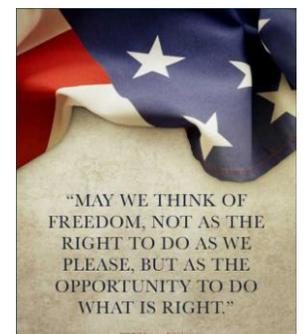
**VETERAN’S DAY, NOVEMBER 12
THANKS TO ALL WHO SERVED, PAST
AND PRESENT! WE HONOR YOU!**

Veteran’s Day honors all members of the Armed Forces who served this country valiantly. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans risked their lives for you and me. In some cases, they make the ultimate sacrifice.

In the United States, Veterans Day is usually observed on November 11. However, if it occurs on a Sunday as in 2018, the 12th of November is considered the federal holiday.



Home of the free,
because of the brave



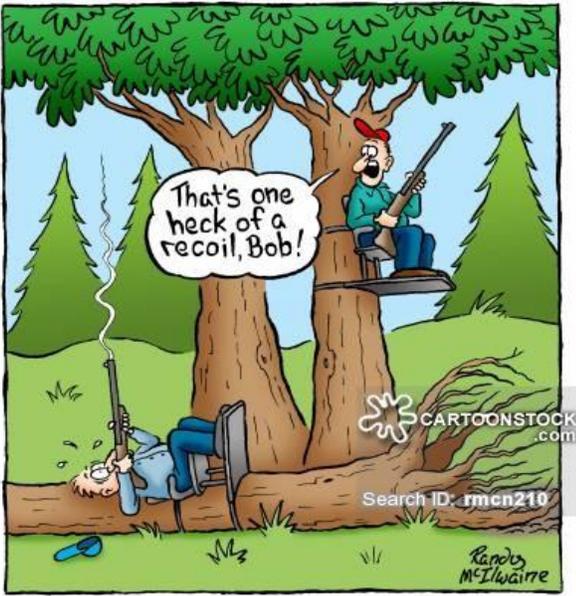
“MAY WE THINK OF
FREEDOM, NOT AS THE
RIGHT TO DO AS WE
PLEASE, BUT AS THE
OPPORTUNITY TO DO
WHAT IS RIGHT.”

— PETER MARSHALL

November 15

The Great American Smokeout

Quitting smoking isn’t easy. It takes time and a plan. You don’t have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life.



Two deer hunters met in the woods. The first one said to the other. "Boy, am I glad to see you; I've been lost for hours." The second deer hunter said, "That's nothing, I've been lost for a week."



WE ARE NOW ON FACEBOOK!
FIND US @JEFF'S A.A.A. DRY CLEANING AND
"LIKE" OUR PAGE.
ALSO CHECK OUT OUR WEB PAGE:
AAALAUNDRY.COM



"Vegetables are a must on a diet! I suggest carrot cake, zucchini bread, and pumpkin pie!"
 Jim Davis

NATIONAL FAST FOOD DAY
NOVEMBER 16

On this day each year, people all across the country celebrate by going to their favorite fast food restaurant. Fast food was first popular in the United States in the 1950s. Webster's dictionary first recognized the term "fast food" in 1951.

Following World War I, automobiles became popular and more affordable. At that time drive-in restaurants were introduced. In 1921, the first White Castle opened in Wichita, Kansas, selling hamburgers for 5 cents each.

The United States has the largest fast food industry in the world. American fast food restaurants are located in over 100 countries.

Fun fact: The first Happy Meal was served in June of 1979.

WORLD KINDNESS DAY - NOVEMBER 13

On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organizations. We think everyday should be World Kindness Day but November 13th is the official date.



NEED HELP WITH MINOR ALTERATIONS!

Zippers



Sew Buttons on for Free
Hem Repair



2 inch or less Seam Repair Free



GIVE JEFF A CALL!



Jeff's AAA Dry Cleaning

jeff@aaalaundry.com

586-675-1126



Jeff's AAA Dry Cleaning

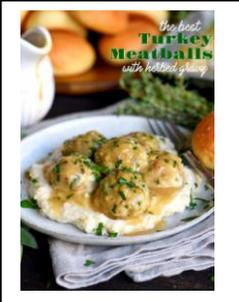
(586) 675-1126 (24/7)

Or email at:

jeff@aaalaundry.com

**Comforters
Leathers and Suedes
15% OFF**

THE BEST TURKEY MEATBALLS WITH HERBED GRAVY



Ingredients – Meatballs:

- 16 oz. lean ground turkey
- 1 1/2 c. seasoned cornbread stuffing
- 1/2 c. chicken stock
- 1 small onion, grated
- 1 stalk celery, diced
- 3 T. chopped fresh parsley
- 2 eggs
- 2 cloves garlic minced
- Salt and pepper to taste
- 2 T. olive oil

Ingredients - Herbed Gravy:

- 12 oz container McCormick Simply Better Turkey Gravy
- 1 T. chopped fresh herbs – thyme, rosemary, sage, parsley
- Pepper to taste

Instructions for meatballs:

- Preheat oven to 400F degrees.
- Line a baking sheet with parchment paper and set aside.
- Place stuffing in a resealable ziploc bag and crush lightly with a rolling pin or mallet – yields about 1 c. of stuffing crumbs.
- In a large bowl, combine stuffing crumbs and chicken stock, stir to combine.
- Mix in onion, celery, parsley, eggs, garlic, salt and pepper. Add ground turkey and mix gently just until combined.
- Use a cookie scoop to scoop out mixture. Gently form into a ball and place on prepared baking sheet. Drizzle with olive oil.
- Bake for 15 to 20 minutes or just until cooked through.

Instructions for herbed gravy:

- In a small bowl, combine gravy, herbs, and pepper.
- Heat according to package instructions.
- Serve with meatballs and mashed potatoes

