



SENIOR NUGGETS - SEPTEMBER 2016

GUIDE TO SEASONAL SALES ...

- JAN Holiday cards, paper, calendars, appliances and furniture. Inventory sales on cars and clothing
- FEB President's Day sales and clothes, catalog closeouts
- MARCH Winter clothes, clearance and spring goods, garden tools, lawn care items, air conditioners etc.
- APRIL Spring/Summer clothes, Easter and Mother Day sales
- MAY Travel deals, luggage, gardening supplies, outdoor Furniture, and mattresses
- JUNE Father Day sales (clothes) knick-knacks
- JULY Great 4th July sales, tires, appliances, electronics, Swimwear, summer clearance sales, and furniture
- AUG Back to school sales (Christmas cards/wrapping paper)
- SEPT Travel Bargains, new cars and Labor Day sales on warm-clothes and shoes, outdoor items, kitchenware, and tires.
- OCT/NOV Snow blowers, year-end car deals, holiday specials
- DEC Free calendars from businesses, candles, planners, Holiday decorations, and "after-Christmas sales"



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Benefits of Laughter 😊...

Laughter is a great part of our life. It can reduce stress. Even babies can laugh well before they can walk or speak. And mirthful laughter, the kind associated with humor, can help keep you healthy and happier.

- **Induces relaxation**
- **Boosts the immune system**
- **Cheers up a blue mood**
- **Decreases fear and anxiety**
- **Helps people cope with life-threatening illnesses**

SEEKING GOOD HUMOR

- **Get a “dose” of humor**
- **Don’t wait for others to start laughter**
- **Laugh down memory lane**
- **Seek professional help if you’re down in the dumps**

If you can embrace the funnier side of life despite stress, your busy schedule and anything else that may get you down, you may laugh your way to better health 😊



Best wishes to all having a September birthday

View your birth verse: www.birthverse.com