



Monday	Tuesday	Wednesday	Thursday	Friday
31 September articles distributed to email clients	1	2	3	4
7 Tips for Hosting a Successful Trivia Night for Seniors	8	9	10	11
14 10 Healthier, Fruit-Filled Desserts for a Summer Treat	15	16	17	18
21 Be Good To Your Joints With These Active Aging Tips	22	23	24	25
28 Take Care of Your Mental Health: How Journaling Can Help	29	30	31 October articles distributed to email clients	1



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31 October articles distributed to email clients	1
4 11 Travel Tips for a Safe and Fun Vacation Labor Day	5	6	7	8
11 Fighting Fatigue: How to Sleep Better and Longer	12	13	14	15
18 Feeling Nutty? Here's Why You Should Add Nuts to Your Diet	19	20	21	22
25 Finding Purpose After Pain: Understanding the Grieving Process	26	27	28	29 November articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
2 Create a Fall Prevention Exercise Program with This Guide	3	4	5	6
9 Foods to Combat Memory Loss, Dementia, and Alzheimer's	10	11	12	13
16 Take Time to Get Lost in a Story: 5 Book Genres for You to Enjoy	17	18	19	20
23 Tips for Decluttering and Organizing a Home	24	25	26	27
30 8 Simple Activities to Enjoy with Your Grandkids	31 December articles distributed to email clients Halloween	1	2	3