



Monday	Tuesday	Wednesday	Thursday	Friday
3 Here's How Music Boosts Your Mood and Memory	4	5	6	7
10 Friends and Fun: Why Seniors Should Join Group Fitness Activities	11	12	13	14
17 10 Tips for Eating a Heart-Healthy Diet	18	19	20	21
24 5 Reasons Why Active Seniors Should Visit National Parks this Summer	25	26	27	28 May 2025 articles distributed to email clients
31 The Best Fitness Apps for Seniors	1	2	3	4

ACTIVE AGING**APRIL 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 Signs That You or Your Loved One Needs Professional In-Home Care	8	9	10	11
14 How to Start a Garden in Retirement	15	16	17	18
21 7 Dietary Supplements that Promote Healthy Aging	22	23	24	25
28 Why Your Golden Years Are the Perfect Time for Pet Ownership	29 June 2025 articles distributed to email clients	30	1	2

ACTIVE AGING

MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
28	29 June 2025 articles distributed to email clients	30	1	2
5 Train Your Brain to Ignore Distractions with This Guide	6	7	8	9
12 The Best Low-Impact Workouts for Aging Joints	13	14	15	16
19 These Foods Can Help You Eat Your Way to a Longer Life	20	21	22	23
26 Summer Fun: Active Adventures for Retirees Memorial Day	27	28	29 July 2025 articles distributed to email clients	30