



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	30 June 2025 articles distributed to email clients	1	2



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30 June 2025 articles distributed to email clients	1	2
5 These Techniques Can Help Combat Distraction in Aging Brains	6	7	8	9
12 Protect Your Joints With These 5 Safe & Effective Exercises	13	14	15	16
19 The Best Foods for a Longer, Healthier Life	20	21	22	23
26 Summer Fun: Activities for Seniors and Retirees to Enjoy Memorial Day	27	28	29	30 July 2025 articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
2 What Is Cognitive Stamina?	3	4	5	6
9 Walk Your Way to Wellness with This Comprehensive Guide	10	11	12	13
16 Probiotics 101: How Fermented Foods & Supplements Improve Digestion and Immunity	17	18	19	20
23 Community Events to Keep You Active	24	25	26	27 August 2025 articles distributed to email clients
30 Water Aerobics 101: Everything You Need to Know to Get Started	1	2	3	4