



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 7 Tips for Building Cognitive Stamina and Mental Strength	3	4	5	6
9 The Wellness Benefits of Daily Walks	10	11	12	13
16 Probiotics and Prebiotics: Differences, Benefits, and Popular Foods	17	18	19	20
23 Fitness and Fun: Community Events that Help You Stay 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

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
7 How Flavor Enhances Nutrition as Our Tastes Change with Age	8	9	10	11 Independence Day
14 Age in Place or Downsize? A Guide	15	16	17	18
21 How to Find Purpose in Retirement	22	23	24	25
28 Tips for a Clean, Hazard-Free Home	29	30	31 September 2025 articles distributed to email clients	1