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11 Just Look Up: Why Stargazing is the Perfect Hobby for Seniors	12	13	14	15
18 6 Tech Tools That Make Senior Living Easier	19	20	21	22
25 How to Tackle Age-Related Mobility Issues	26	27	28	29 October 2025 articles distributed to email clients



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8 Take Advantage of Shoulder Season With These 5 Trips	9	10	11	12
15 Balance Tools & Medical Alert Systems: What You Should Know	16	17	18	19
22 Quick Fitness: Mini Workouts You Can Do in a Hotel Room, RV	23	24	25	26 November 2025 articles distributed to email clients
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ACTIVE AGING

OCTOBER 2025



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20 Senior Workout Routines to Match How You're Feeling	21	22	23	24
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