



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4 Independence Day
7 How Flavor Enhances Nutrition as Our Tastes Change with Age	8	9	10	11
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



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28	29	30	31	1
4 The Perfect Diet Myth: How Intuitive Eating Is Better for Health	5	6	7	8
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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1 Golden Hour Menu: Bright and Colorful Ideas for Sunset Meals	2	3	4	5
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
29 How to Find a High-Quality Memory Care Facility	30	1	2	3