



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5 Curiosity Never Ages: How Wonder Keeps Your Mind Young	6	7	8	9
12 The 3S Method: A Calming Wellness Routine for Seniors	13	14	15	16
19 How to Make Personalized, AI-Driven Nutrition Work for You	20	21	22	23
26 10 Mini Goals to Combat Winter Blues	27	28	29	30 March 2026 articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
2 How Connection Shapes Cognitive Health	3	4	5	6
9 Fun Ways to Show Your Heart Some Love	10	11	12	13
16 Heartfelt Nutrition: Beyond Red Wine and Dark Chocolate	17	18	19	20
23 Cruise Without Compromise: Active Adventures at Sea	24	25	26	27 April 2026 articles distributed to email clients
2	3	4	5	6

ACTIVE AGING**MARCH 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Social, Emotional, Mental Health Support for Seniors	3	4	5	6
9 Winter Adventures That Don't Require Skis	10	11	12	13
16 The Surprising Power of Flavor for Winter Wellness	17	18	19	20
23 Why Winter Travel Can Be Your Secret Advantage	24	25	26	27 May 2026 articles distributed to email clients
30 How to Burn Calories While Cleaning	31	1	2	3