



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



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30	31	1	2	3
6 Tiny Habit Shifts That Give Your Brain a Boost	7	8	9	10
13 Improve Poise, Posture, and Balance with These Tips	14	15	16	17
20 Does Your Body Crave Different Foods Each Season?	21	22	23	24
27 How to Ease Back into a Social Schedule This Spring	28	29	30 June 2026 articles distributed to email clients	1



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27	28	29	30	1
4 Why Low-Stakes Learning Is Brain Gold	5	6	7	8
11 Small Physical Challenges That Rebuild Confidence	12	13	14	15
18 Eat Your Water This Summer	19	20	21	22
25 Experience the Joy of Temporary Events and Exhibits	26	27	28	29 July 2026 articles distributed to email clients