



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 The Great American Road Trip, Reimagined	8	9	10	11
14 The Mental Art of Letting Go	15	16	17	18
21 Fitness Goals That Aren't About Weight or Steps	22	23	24	25
28 The Cognitive Value of Sharing What You've Learned	29	30 November 2026 articles distributed to email clients	1	2



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28	29	30	1	2
5 The Comfort of Becoming a Regular	6	7	8	9
12 How Seniors Can Train Their Brains to Observe and Enjoy	13	14	15	16
19 How Daily Activities Can Build Functional Fitness	20	21	22	23
26 Simple Swaps for Better-for-You Comfort Food	27	28	29	30 December 2026 articles distributed to email clients



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2 Go Off the Beaten Path with Holiday Pop-Ups This Season	3	4	5	6
9 Host a Fun Friendsgiving with This Step-by-Step Guide	10	11	12	13
16 Fitness Nostalgia: Reconnecting with Activities You Once Loved	17	18	19	20
23 Overcoming Your Fear of That ONE Thing You've Been Meaning to Do	24	25	26	27 January 2027 articles distributed to email clients
30 Making Friends in Retirement: How to Find Your People	1	2	3	4