

Senior Times TM

SOUTH CENTRAL MICHIGAN

South Central Michigan Senior Times 2022/23 Editorial Dates (Volume 29)

A NEWSPAPER FOR AND ABOUT AREA SENIOR ADULTS

MONTH	LEAD TOPIC / Other Topics / Health Feature	COPY	PRINT	DELIVER
January 2022	International Creativity Month / Hobbies Lifelong Learning / Back to School Creativity	12/10	12/23	12/28
February	Self Esteem Month / Decluttering Companion Programs / Social Networking vs. Isolation Heart Health	1/10	1/21	1/25
March	Financial / Tax assistance / Retire vs. Refire Celebrating Independence / Aging in Place Stress	2/10	2/25	3/1
April	Cancer Care Month Celebrating the Volunteer Advocacy	3/10	3/25	3/29
May	Older Americans Month / Nursing Home Mo. Chronic Conditions Hearing	4/11	4/22	4/26
June	Safety and Prevention Elder Abuse Preventions / Scams / Outdoor Safety Skin Care	5/10	5/27	5/31
July	Sandwich Generation / Sibling Rivalry / Pets Kinship Care / County Fairs Foot Care	6/10	6/24	6/28
August	Knowing Your Rights / Legal Issues Pre-planning / Will / Trust / POA's / EOL Care Health Advocate	7/11	7/22	7/26
September	Healthy Aging Month / Assisted Living Week Fitness for All Levels / Cognitive Conditions Health Screens	8/10	8/26	8/30
October	Eat Better – Eat Together Month World Food Day / Community Recipes Open enrollment	9/12	9/23	9/27
November	National Caregiver's Month Dementia / Parkinson's / Neurodegenerative Concerns Movement	10/10	10/21	10/25
December	Celebrating Traditions & Holiday Building New Bonds Dental	11/10	11/23	11/29
January 2023	Alternative Health Solutions & Therapy Challenging Disabilities with Assistive Devices Mobility	12/12	12/22	12/27

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