

May is [National Bike Month](#), [National Physical Fitness & Sports Month](#), and [National Mental Health Awareness Month](#)

You can find the best resources for them by clicking the names above.

May 4 - National Teacher Day

Everyone's had a favorite teacher that helped inspire them. Write them an old-fashioned thank you note even if it is delivered electronically!

May 6 - National Nurses Day

Nurses have been working this past year tirelessly. Give them a big shout-out today, and if you see one, do something extra special for them.

May 9 - Mother's Day

Give Mom an extra hug and [dose of love today](#).

May 25 - National Wine Day

A good day to enjoy the outdoors and try out some new Summer sippers with your pod.

May 27 - Red Nose Day

Get your #NosesOn and show your support to end childhood poverty.

May 28 - National Burger Day

Kick off the long weekend with [homemade burgers](#) on the grill.

May 31 - Memorial Day

Pause for 1 minute at 3:00 pm and think of the sacrifices made by U.S. soldiers to provide freedom for all.

FOOD & DRINK

What's in Season? Apricots, artichokes, asparagus, cherries, lettuce, mangoes, okra, pineapple, radishes, rhubarb, spring peas, strawberries, Swiss chard, and zucchini.

[Plan a Cinco de Mayo fiesta!](#) Who doesn't love salsa, margs, tacos, and guac!

Indulge or go healthy? Just a few ingredient swaps and your favorite foods can become healthier. Switch out heavy cream and butter for puréed cottage cheese in [Alfredo sauces](#).

Did you know? One cup of sugar snap peas gives you almost 100% of your daily vitamin C!

Mint Juleps are to the Kentucky Derby as Eggnog is to Christmas! Don your fancy hat and try this [classic drink](#) on May 1st.

Eat your greens. Asparagus is plentiful and screams Spring. We love all of these options from [The New York Times](#).

Riced veggies are all the rage. Use them for fried rice, risotto, grain bowls, binders for burgers, or mixed in your chili and soups.

Mmmm, mangoes are in season, and we love a good [Mango Lassi!](#)

May might be the most delicious month yet. Farmer's markets are ramping up, and this [veggie-packed salad](#) uses lots of goodies you can find at them.

Are you cutting down on beef and chicken? Try this [blackened salmon burger](#) at your spring cookout!



LIFESTYLE

Like the Boy Scout motto says, Be Prepared! Download [these apps](#) before you need them in an emergency..#Emergency #Hurricane #Flooding #Tornado #Storm #EmergencyServices #Disaster #EmergencyManagement

Pollinators are said to be responsible for one-third of the food we eat. We found this spectacular [planting resource](#) so that you can help the bees and the planet.

Want to avoid crowds at the grocery? Google maps data suggests Monday at 8 am the best time to shop as it is the least popular time. Most popular? Saturdays between noon and 3 pm.

Stress relief - a study has shown that watching cute animal videos for 30 minutes a day lowers your heart rate and blood pressure.

Walnuts, along with pistachios and almonds, are excellent sources of melatonin. Eat some for a snack before bed to improve your Zzzz's.

Enjoy the outdoors! Exposure to sunlight increases serotonin which helps with anxiety and gives us a boost of happiness and focus.

Meatless May Challenge. Want to go meat-free in May? [Eating Well](#) has a fantastic collection of recipes to try.

Put a little green on your desk. Gazing at a green potted plant for three minutes can reduce fatigue and stress.

Be bright about light! Turn off the lights when leaving the room and utilize natural light as much as possible.



COMMUNITY

May 11 is Eat What You Want Day. Everyone has a favorite food, but some people don't have the opportunity to enjoy it. Consider donating to your local food shelters.

Donate to a charity that serves veterans. #MemorialDay #donation #goodcause

Give locals a boost with an online Community Choice Awards. Choose a topic like “best Italian restaurant in town,” “best farmers market,” or “best place to go for a run,” and have your followers comment on their faves.

Shop local! It's farmers market season. #farmersmarket #shoplocal #eatlocal #supportlocal #buylocal #organic #farmer

Little Free Pantries have been popping up all over. Help your neighbors in need by creating one in your area. Visit littlefreepantry.org to see how.



HEALTH

May 21 is Bike to Work Day. How far is too far of a commute? It depends on your fitness level, how much time you have, and what your route is like. But the quick answer is 5-10 miles.

Being active can do wonders for your mental and physical health. Clear your mind at the start of the day with some yoga. If you can't get to the Y, you can follow along with plenty of videos on YouTube or our website. **(be sure to include that link!)**

Trending: [Nordic walking](#)... activate 90% of your muscles with this latest fitness trend.

Tight on space where you live? You can easily find things in your household to use for [exercise props](#)!

Exercise is good for your mental health. It releases endorphins that improve concentration skills and helps foster new brain cell growth. #MentalHealthAwarenessMonth

What are some Plant-powered proteins to help you recover from your workouts? Nuts, seeds, legumes, and whole grains will do the trick.

Get your Zzzz's. A recent study has found that people who regularly slept for six hours or less in middle age had about a 30% higher risk of developing dementia than those who slept seven or more hours per night.

Many of us have skipped our routine annual appointments due to the COVID-19 pandemic. It's time to reschedule those checkups, screenings, wellness visits, and exams.

Even if you are fully vaccinated, you still need to maintain a distance of 6 feet from others and wear a mask completely covering [your mouth and nose](#).



PARENTING

Kids craft: Make a homemade card for Mother's Day. Fold a piece of paper in half and decorate with hearts and flowers or anything you wish!

Keeping fish is beneficial to your health! It can reduce blood pressure and decrease stress levels. Watching fish can also provide relaxation benefits to those who suffer from anxiety and calm children with hyperactivity disorder.

May 21st is National Pizza Party Day. Get your family's favorite toppings together and have a build-your-own pizza night.

Give Mom a day off from cooking! Check out these [easy recipes](#) that even get the kids involved.

Did you know research has shown that kids need to try the same foods 5-10 times before they like them? Persistence prevails!

Many parents were allowed a flexible work schedule due to the COVID-19 pandemic. Here's how you can [ask your employer](#) to keep it that way.

Did you know that [school lunches](#) are the healthiest food children eat? #nutrition

Boredom buster! Easy and fun [kids crafts](#) and games for spring.

Lead by example. Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.

MEMBERSHIP

Want to prepare your kids for the beach or pool? The Y has swim lessons for all ages.

Parents will still be looking for Summer Day Camps, so keep those posts rolling out. Include dates, rates, and themes.

COVID safety is still a big deal. Make it easy for parents to know what measures are in place for Summer activities, including camps and pools with weekly posts.

What's unique to your YMCA? Many people may not even know you have martial arts, pickleball, or dance. Create a post and direct them to a URL with more information.

Encourage others! Post your Top 10 Active Older Adult Members for the month with their first name, last initial, and how many visits they've logged.

Add a fitness class to your summer workout routine at the YMCA! See what we have to offer:
(link to URL)

The YMCA has summer fun for the whole family! *(link to URL)*

Utilize your countdown timer with – The countdown to camp is here! Camp starts in XXX days.

April showers brought May flowers... and allergies! Take your workouts inside at the Y!



TRIVIA

Where does the National Asparagus Festival take place?

A. California B. Florida C. Michigan D. Pennsylvania

Answer: C. The National Asparagus Festival takes place in Oceana County, Michigan.

What iconic building opened its doors on May 1, 1931?

Answer: The Empire State Building. At the time, it was the tallest building in the world!

May is the birth month of two U.S Presidents. Which two?

Answer: Harry S. Truman and John F. Kennedy

#NationalNursesDay - Fill in the blank. Vital signs consist of _____ ?

Answer: Temperature, pulse, respiration, blood pressure, and pain

#NationalTeacherDay - What does IEP stand for?

Answer: An Individualized Education Program is a plan made for children eligible to receive special education.

True or false? Two 8-inch pizzas for \$18 is a better deal than one 12-inch for \$18.

Answer: False. 8-inch pies equal roughly 50 square inches, while a 12-inch equals about 113 square inches.



INSPIRATION

“A woman is like a tea bag; you never know how strong it is until it’s in hot water.”

~ Eleanor Roosevelt

“God could not be everywhere, and therefore he made mothers.”

~ Hebrew Proverb

“Age is just a number. It’s totally irrelevant unless, of course, you happen to be a bottle of wine.”

~ Joan Collins

Happy Mother’s Day! “A mother is your first friend, your best friend, your forever friend.”

~ Unknown

“America without her soldiers would be like God without His angels.”

~ Claudia Pemberton

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

~ Jimmy Dean

"Life is like riding a bicycle. To keep your balance, you must keep moving."

~ Albert Einstein



VIDEO

Ask your staff to share their fond memories from childhood of Summer Camp.

Introduce your camp counselors. Have them share what they are looking forward to and what they like most about camp.

Not sure if the Y is for you? Take our YMCA-video tour!

Have your nutritionist share some post-workout snack ideas.

Help us help you! Take the [ySocial Survey!](#)