

November is **National Diabetes Month, Lung Cancer Awareness Month, National Adoption Month, and National Native American Heritage**

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

November 7 - Daylight Savings Time Ends

Poll: Will this be the last time we turn our clocks back, Yes or No?

November 11 - Veterans Day

Be sure to thank everyone you know who has served in the armed forces.

November 13 - World Kindness Day

Be kind to others, yourself, and the world. Here are some [simple ways to be kind](#) every day of the year. #inspirekindness #bekind

November 25 - Thanksgiving

Enjoy a stress-free Thanksgiving! Prep food ahead of time. Have your guests bring a dish. Clean as you go. And ask for help if you need it.

November 27 - Small Business Saturday

You can find free graphics and other resources to help you promote Small Business Saturday at [American Express's Shop Small website](#).

November 28 - Hanukkah Starts

Light the menorah, sing Hanukkah songs, play the game of dreidel and eat latkes this week!

November 30 - Giving Tuesday

From grand gestures to making someone smile, [GivingTuesday](#) is about showing your generosity, big or small. #GivingTuesday

FOOD & DRINK

What's in season? Apples, avocados, beets, broccoli, cabbage, carrots, cauliflower, grapes, greens, leeks, parsnips, pears, pomegranates, potatoes, pumpkins, sweet potatoes, turnips, and winter squash.

Celebrate Hanukkah with a classic dish. From latkes to apple cake, Delish has it covered. Or try one of these [party appetizers](#).

Post for November 3 - What's your favorite sandwich? #NationalSandwichDay

Who said vegetarian dinners had to be boring? This [Butternut Squash recipe](#) is just what we need for dinner tonight!

There's no reason why **Thanksgiving dinner** needs to make you fall asleep at the table. Enjoy a few of these [Healthy and light options](#).

National Pickle Day is November 14. Did you know pickles are high in vitamins? They contain vitamin A, vitamin C, vitamin K, calcium, and potassium. So, snack away!

Stay home, avoid the lines and try [baking a cake](#) for **National Cake Day on November 26.**

It's pumpkin season! In addition to being high in nutrients, pumpkin is low in calories, making it a fantastic diet-friendly food. Healthy up your homemade chili by adding a cup or two.

Get out of bed early and celebrate **National French Toast Day on November 28** with one of these [unique takes on a breakfast classic](#).

Don't let the turkey be the only star of Thanksgiving. [Bon Appetit](#) shares **121 of their best side dish recipes.**



LIFESTYLE

Is it too early for Christmas music? Asking for a friend.

Reduce food waste this Thanksgiving by sending your guests home with leftovers in recyclable cardboard food containers. Bonus! You don't have to worry about people returning your dishes.

Daylight Savings checklist:

- Replace the batteries on smoke and carbon dioxide detectors.
 - Put the emergency winter kit back in the vehicle.
 - Begin preparing for the coming holidays.
 - Make sure outdoor lights are in working order.
 - Put reflectors on bikes so that vehicles can more easily see you as it gets dark earlier.
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We are all thankful for our pets but **think twice about feeding your furry friend** a Thanksgiving treat. Pie, gravy, turkey skin, bones, and mashed potatoes are not safe for pets to consume.

To stay energized over the day, **take a 15-minute break every 90 minutes.** Walk, work on a crossword, phone a friend, or meditate. Just spend physical, cognitive, emotional, or spiritual time that focuses on energy.

Learn all the ways you can **help protect our environment** for [America Recycles Day](#) on November 15.

Eat your stuffing early this year on **November 21 for National Stuffing Day.** Then make a healthy alternative on the big day with a [wild rice](#) or [quinoa](#) dish.

Honor the keystones of Native American cooking during **Native American Heritage Month** with this [Three Sisters Dip](#) that adds a 4th dimension - sunflower seeds.



COMMUNITY

Understand your community's recycling program. Make sure the labels on your recycling are acceptable and that you are recycling properly. [#AmericaRecyclesDay](#)

Donate to a charity of your choice. [Charity Navigator](#) can help you find a charity that suits you.

Spread awareness on social media by using the hashtags [#GivingTuesday](#)
[#TuesdayGiveawayDay](#) [#TuesdayMeansDonate](#)

Giving can be much more than simply giving money or things away - volunteer at a local homeless shelter, animal shelter, or other volunteer organization. Giving your time is just as valuable as a monetary donation.

Volunteer to help clean up and maintain trails at [Get Involved](#). [#NationalTakeAHikeDay](#)

Feeding America and food banks serve 40 million people each year. Of those, 20% of households include someone who has served or is serving in the U.S. military. Consider a food drive for Veterans Day and help feed families in need.

Time to get healthy! Talk to someone you know who smokes and challenge them to quit for the day. [#QuitSmoking](#) [#GASO](#) [#TobaccoFree](#)

Think local! Purchase your Thanksgiving Day pumpkin pie, baked goods, centerpieces, and even turkey from local businesses. It boosts the local economy, is better for the environment, and builds the character of your community. [#shoplocal](#) [#eatlocal](#) [#thinklocal](#)



HEALTH

Many of us will be traveling for the holidays to see family and friends or taking a much-needed break. [Here are six ways to avoid getting sick.](#)

Plan your next hike for **National Take a Hike Day** on November 17. [Hiking Resources](#) has all the information you need. #NationalTakeAHikeDay

Over 34 million Americans smoke cigarettes. The Great American Smokeout on November 18 is a great day to reinforce the benefits of quitting. [Get your tools and resources here.](#)

Did you know that more than **one in five people** in the United States who have diabetes doesn't even know they have it? [Know the signs](#) and be proactive!

Give yourself a breakfast boost by adding half a cup of white beans to your smoothie. They'll add 5 grams of fiber and 6 grams of protein to your daily intake, and you won't even taste them!

Stay up-to-date with the latest [news and tips from the CDC](#) so that you can enjoy the holidays safely with friends and family.

For many, the holidays can cause extra stress and anxiety. **How do you de-stress and unwind?**

Are you looking for a healthy pasta alternative? Fall is a great time to use spaghetti squash in place of noodles. Not only is it delicious, but they are also in season!

Fast fact: What counts as a serving of dairy? 1 cup milk, 1 cup plain yogurt, or 2 oz. of cheese. Learn more about the importance of dairy at [MyPlate](#).



PARENTING

Do your kids have a plethora of Pop Its? Research shows that these fidget toys can be beneficial for grown-ups as well! They help with self-regulating your creativity, focus, and calm.

Fear not! Don't let your kids make fun of you if you are new to carving a turkey. **Here's an easy method you must try!** Make sure your knives are sharp.

November 8 is National Stem Day. If your kids are interested in STEM or you want to learn more, check out [Get into Stem](#) for valuable resources.

Enlist the kids in decorating for Thanksgiving with these [crafty ideas](#) from The Pioneer Woman!

Diabetes is not just an adult disease. Learn the [symptoms so you](#) and your children can be on top of things.

Promote STEM with these [FREE activities for kids](#).

World Kindness Day and Giving Tuesday are good reminders to encourage kindness and inspire your kids to get in the habit of giving back. **Here are some ways you can get them involved.**

If you have a picky eater in your family, [this is your rescue!](#) Bonus - the kids can help!

Keep the kids entertained and download these fun, [free coloring pages](#) from Crayola!

Add some family fun to your **Thanksgiving Day** celebrations with a [game of turkey tag, a scavenger hunt, or some trivia](#).

Get a **family football game** together and enjoy the outdoors before the big meal!



MEMBERSHIP

Wow, is it getting cold outside! We have a variety of great classes, from cycling to Zumba, that will surely warm you up. **Get busy at the Y today.**

Show your support. Organize a fall sporting event as a way to have fun and help smokers take their minds off of smoking.

Share with the Y! Who taught you how to cook your Thanksgiving dinner and what are your favorite recipes?

Complete your daily workout with us! Stop in and use some of our top-of-the-line equipment and avoid the chilly winds of November.

Share your **Thanksgiving Day** kitchen fails with us. We know you have some!

Is your Y having a Turkey Day run? **Capture all the highlights** and post them on Facebook and Instagram for all to see.

Avoid workout boredom. Challenge your body to try a different workout routine. We have plenty for you at the Y!

As the days get shorter, be safe during your early morning or after-dinner outdoor routines by adding reflective gear to your workout gear.



TRIVIA

What is the longest trail in the National Trails System? #NationalTakeAHikeDay

Answer: The North Country trail stretches over 4,700 miles across eight states from Vermont to North Dakota.

In the United States, how many pounds of pumpkin are produced every year?

1 million, 832 million, or 1.5 billion?

Answer: 1.5 Billion

What is the most popular sandwich in America?

Answer: Grilled Cheese

What is the Witch of November?

Answer: The Witch of November is strong winds blowing across the Great Lakes during fall.

Which famous work of art was unveiled in November 1512?

Answer: The ceiling of the Sistine Chapel, by Michelangelo

In which year did Abraham Lincoln deliver the Gettysburg Address?

Answer: Abraham Lincoln gave his famous speech on November 19, 1863.

What NFL team was originally called the New York Titans?

Answer: The New York Jets. Subsequently, the most-watched sport of November is football!

How many calories on average are consumed, per person, at Thanksgiving dinner?

Answer: 4,500 calories! Be sure to take a walk after you eat.

What do you call it when a bowler makes three strikes in a row?

Answer: A turkey!



INSPIRATION

“Don't wait until the fourth Thursday in November to sit with family and friends to give thanks.
Make every day a day of Thanksgiving!”

~ Charmaine J. Forde

Tell us what inspired you to start your fitness journey, then **follow this wellness warrior** on Instagram - @trainwithjoan.

“Some people want it to happen, some wish it would happen, others make it happen.”

~ Michael Jordan

“The difference between the impossible and the possible lies in a person's determination.”

~ Tommy Lasorda

“Don't tell everyone your plans, instead show them your results.”

#motivationmonday #fitness #goals #workout #fitnessmotivation #healthylifestyle

“Failure is nothing more than a chance to revise your strategy. **Do it this November.**”

“A champion is someone who gets up when they can't.”

~ Jack Dempsey

“Hello, November! Thank you for reminding us we have so much to be grateful for.”

“Keep working even when no one is watching.”

~ Alex Morgan



VIDEO

Have an instructor answer questions from your membership. For example: “What are some exercises I can do to strengthen my core that isn’t a situp?” **#Askthe Expert**

Fitness Profile Videos. Enlist one of your members to share how they keep fit with quick videos. Share on your social media channels and post a new question each week of the month.

Sample questions:

What healthy ingredient is always in your fridge?

What is your favorite snack?

What does fitness mean for your mental health?

What challenges you?

Create short videos of the “**Top 5 Reasons Why You Should Join the Y!**” and start promoting membership now for the new year.

Google is giving away Free \$\$\$! [LEARN MORE](#)