

August is **National Immunization Awareness Month**, and **National Wellness Month**

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

August 2 - National Ice Cream Sandwich Day

Listen for your local ice cream truck and grab yourself an ice cream sandwich, or make [homemade ones](#) with the kids.

August 7 - Friendship Day & National Sister Day

Relive some of your favorite memories of friends or your sister on social media.

August 10 - National Lazy Day

Good news! Laziness leads to creativity and deep thoughts. Be lazy today and see what inspiration comes your way.

August 16 - National Tell A Joke Day

What is an astronaut's favorite key on a keyboard? The space bar. Find more funny jokes to share on [National Tell a Joke Day here](#).

August 19 - World Humanitarian Day

"Don't look for big things, just do small things with great love. The smaller the thing, the greater must be our love." ~ Mahatma Gandhi

August 21 - Senior Citizens Day

Spend the day with someone older than you and discover a wealth of wisdom and knowledge. [#SeniorCitizensDay](#)

FOOD & DRINK

What's in season? Apricots, peaches, plums, nectarines, figs, melons, peas, green beans, cucumbers, summer squash, corn, peppers, tomatoes, eggplant, and hot peppers.

This refreshing [Watermelon Gazpacho](#) is just what you need to celebrate **National Watermelon Day** on August 3.

#NationalWellnessMonth - Make healthy food choices this month. A balanced diet and good nutrition will help nourish your body and improve overall health.

Learn [how to choose and store your produce](#) from the farmer's market or grocery store to get the most out of what the season offers.

Post for 8/10 - Try a non-traditional campfire classic for **National Smore's Day** with one of these [creative combinations](#). #NationalSmoesDay

We love this idea! A monochromatic dinner party where you serve the same color foods. Alfred Hitchcock threw one with all blue hues. What would you be serving at your dinner?

Blueberries are great for the brain. They can significantly improve learning capacity and memory and also play a role in slowing brain aging and [neurodegenerative disorders](#).

National Farmer's Market Week starts on August 7. **Get to the market** and try one of these healthy [Farmer's Market Recipes](#). #NationalFarmersMarketWeek

When it's too hot in the kitchen, fire up the grill and make this healthy and wholesome [Grilled Herbed Chicken with Summer Vegetables](#). #NationalWellnessMonth



LIFESTYLE

Post for 8/9 - **Today is #BookLoversDay.** What good books have you read lately?

Post for 8/15 - Many of us don't take time out of our busy schedules or know how to relax. What are some ways you get your chill on? #NationalRelaxationDay

Post for 8/26 - It's Women's Equality Day. **Women have had the right to vote for 102 years.** Are you registered? If not, do so today so you can vote in the upcoming elections.

Disaster Apps can help keep you and your family safe. Text "GETEMERGENCY" to 90999 to download a customizable emergency app from The American Red Cross.

The best time to watch the **Perseid meteor showers** is August 11-13. Get out your lounge chairs and blankets and watch this magnificent event with the family.

Would you rather go a year without desserts or have to eat a spoonful of wasabi every single day? #deephoughts

Fall flavors are nearly here. **Before you pick up that pumpkin latte, [discover the art of making Masala Chai Tea.](#)**

Promote the new [National Suicide Prevention Lifeline](#) number - 988 - that went live last month. Similar to 911 for emergencies, 988 calls will be routed directly to the National Suicide Hotline.

August 19 is World Photography Day. Let's **flood social media** with our most amazing and beautiful photos. Tag them with #WorldPhotographyDay



COMMUNITY

Post for International Cat Day on 8/8 or Black Cat Appreciation Day on 8/17 - Show your cat how much you appreciate them with a new toy or treat. Don't have a cat? Donate to a local nonprofit that benefits animals, your local zoo, or wildlife sanctuary.

Take every opportunity to support your farmers this month by visiting your local Farmer's Market or Produce Stand.

Stuff the Bus! Host a school supply drive or find one in your area to gather and donate to.

Post for 8/26 - **What are some ways to celebrate National Dog Day?** Perhaps one of these!

Adopt a dog from your local shelter.

Volunteer at your local shelter.

Donate to your favorite animal welfare organizations.

Take your dog for a ride.

Spoil your dog with a new toy.

Teach your dog a new trick.

August 31 is Overdose Awareness Day. The [National Safety Council](#) has a ton of ideas and resources to promote awareness for this day. #OverdoseAware #EndOverdose

Consider organizing a donation drive for The Military Order of the Purple Heart Foundation on August 7 for **Purple Heart Day**.

Set aside time on August 17 to send employees and volunteers a heartfelt thank you email. #NationalNonprofitDay



HEALTH

#WellnessWednesday - Blend frozen mango + banana + orange juice + grated ginger for a delicious breakfast smoothie!

One hundred percent fruit juice is a healthy way to start your day. You can make it even more nutritious by adding water or seltzer. **Bonus - It'll also save you money!**

Here are the [best exercises to tone your legs](#) in just three weeks. Give them a try!

Give yourself an energy boost first thing in the morning. Open your blinds and expose yourself to natural sunlight. It helps suppress melatonin, the chemical in your body that makes you sleepy.

Poor posture can shift your center of gravity, making you more unstable. Always stand up straight as this stability-boosting stance can help prevent injuries and falls. **#StandTall**

#NationalWellnessMonth - Make exercise a priority this month. The benefits are endless! It's ideal for pain management, letting stress out, boosting confidence, increasing strength, and much more.

What do string cheese, sunflower seeds, deviled eggs, tuna, pickles, almonds, olives, avocados, and pork rinds have in common? **They're all low-carb snacks!**

Superfood trend: Seaweed - it's good for you and the environment. Are you on board?

Have an abundance of zucchini? Try this [low-fat Zucchini Spice Bread](#) full of healthy ingredients that everyone will love!



PARENTING

National Coloring Book Day is August 2. **Host a coloring book party for kids of all ages!** The restorative powers of coloring can benefit us all.

Does your kid bike to school? Here are a [few good tips](#) to keep them safe on the roads.

This school year, **minimize waste in lunch boxes** by switching out the plastic wrap, foil, and parchment with beeswax wrap. It's an easy, washable, reusable, all-natural way to store food.

School lunch doesn't have to be boring! Here are [100 inspiring ideas](#) for kids and parents.

You only have a few weeks to complete these **classic summer activities**: go to the beach, eat popsicles, have a sprinkler party, go geocaching, camp out, or go on a bike ride.

Fun and educational! **Visit saveourmonarchs.org** to learn how to spot monarch butterfly eggs, cocoons, and caterpillars. August is a prime time to see them.

Post for August 22 - It's National Tooth Fairy Day. **How much does the tooth fairy leave** your kid per tooth?

The days are getting shorter, so grab those flashlights and get outside for a [fun flashlight game](#) to play after dark.

Friendly Reminder: Set bedtime back so your kids can adjust to getting up early for school. The more sleep, the better their relationships are with peers and teachers, as well as academic performance.

We love this craft idea! These [classic late-summer flowers are made with real leaves](#) and make for an adorable bouquet.



MEMBERSHIP

Ask the nutritionist Q&A Video topics: “What are the best foods to eat for breakfast?” “Is it bad to eat before going to bed?”, “How much water do I really need to drink?”

Challenge yourself and try a new muscle target area this month. **A Y fitness expert is here to help you!**

Your kids will have tons of fun learning, playing, and making new friends in the **Child Care Program at the Y!** (*link to your websites child care program*)

Have your nutritionist or dietitian bust the myth: “I’ve read that protein powders and bars are a great way to up your protein intake. Are they?” Have them explain that they can be full of added sugar and calories and lack vitamins and fiber.

Care to share your **favorite song or playlist** you listen to that helps you wind down?

Have you heard about the Ys After School Programs? **Stop by the front desk** and ask all the questions you may have.

We’ve made it easy for you to join the Y. Complete our online form and become a member in no time! (*Provide the link to your website with the join now form*)

August - hot and humid, rainy or cool, the Y has something waiting for you! **Check out our fitness class schedule.**



TRIVIA

How many minutes after eating should you wait to swim?

A. 15 minutes B. 30 minutes C. 60 minutes D. No waiting required

Answer: No waiting required.

What year did the TV show "Friends" first air? #nationalfriendshipday

Answer: 1994

How many teeth does the Tooth Fairy collect every night? A. 30,000 B. 300,000 C. 3,000,000

Answer: B. The Tooth Fairy collects roughly 300,000 teeth per night.

TRUE or FALSE? You can burn more fat by exercising on an empty stomach in the morning.

Answer: True. You can burn 20% more fat.

During which inning is "Take Me Out to the Ballgame" sung?

Answer: The 7th inning.

On August 20, 1741, this explorer discovered Alaska for Russia.

Answer: Vitus Bering

What music legend died on August 16, 1977?

Answer: Elvis Presley

What is the blob of toothpaste you squeeze onto your toothbrush called?

Answer: The blob of toothpaste is called a 'nurdle.'

A soda a day increases your chances of getting type 2 diabetes? TRUE or FALSE?

Answer: True. It increases your chance by 22%.



INSPIRATION

“The best way to predict your future is to create it.” ~ Abraham Lincoln

“When life gives you Monday, dip it in glitter and sparkle all day.” ~ Ella Woodward

Are butterflies considered good luck? Some Native American tribes think so. If you catch a butterfly, whisper your wish to it then set it free. The butterfly will deliver your wish to the spirits, who will grant it.

“Every champion was once a contender that didn’t give up.” ~ Gabby Douglas

“Great things are done by a series of small things brought together.” ~ Vincent Van Gogh

“Hey Siri, play the Feeling Happy playlist.” “Hey Alexa, play some happy and upbeat music.”

“Good. Better. Best. Never let it rest. ‘Til your good is better and your better is best.”
~ St. Jerome.

Respect your parents. They passed school without Google. ~ Anonymous

“Whenever you find yourself doubting how far you can go, just remember how far you have come.” ~ Unknown