

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

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

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### **November 1 - National Cook for Your Pets Day**

There are BIG no-nos when it comes to what your pet can eat. Here are some [dog-friendly recipes](#) you can feel good about making in honor of #NationalCookForYourPetDay.

### **November 5 - Bonfire Night, aka Guy Fawkes**

You don't have to be in the UK to mark this occasion. Grab your friends and some firewood, then [make s'mores](#) by a bonfire.

### **November 6 - Daylight Savings Time Ends**

Say sayonara to the longer days but hello to an extra hour of sleep. Don't forget to set those clocks back an hour.

### **November 11 - Veterans Day**

A holiday to honor men and women who have served in the U.S. armed forces on the anniversary of the end of World War I. Be sure to thank a veteran today.

### **November 13 - World Kindness Day**

Pay it forward in the drive-thru, hold a door open, let someone cut in line, or give someone a big smile or compliment. Just spread all the kindness you can today.

### **November 24 - Thanksgiving**

What do you love most about Thanksgiving - visiting with family, watching the Macy's Day Parade, or fighting over the wishbone?

# 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.

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Are you celebrating a **turkey-free Thanksgiving**? Whether you're a vegetarian or dislike turkey, there are many delicious and satisfying [alternatives for you to explore](#).

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**Is canned pumpkin healthy?** Yes! A ½ cup gives you 100% of your daily vitamin A, an essential nutrient to support eye health and keep your immune system working correctly.

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*Post for 11/14 – **Enjoy some pickles today**. They contain vitamins A, C, and K, calcium, and potassium. 🥒 #NationalPickleDay*

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This [Pear and Pecan Salad](#) will become your new fall favorite and **pairs well with just about anything**. No pun intended!

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[Bring new life to all those Thanksgiving leftovers](#) and **make the most of all your hard work!**

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Did you know pomegranates are chock full of [nutritional and health benefits](#)? And they're in season!

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*Post for 11/23 - With just five simple ingredients, this [Iced Brown Sugar Espresso Latte](#) is one way to celebrate **National Espresso Day** in a delicious way!*

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*Post for 11/26 - Break out the flour, sugar, and eggs because it's **National Cake Day!** Bake up one of these [insanely tasty recipes](#) to celebrate.*



# LIFESTYLE

It's that time of year. **Be safe this season** when hanging up those exterior Christmas lights. [Learn about ladder safety here](#) before you head outside.

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**Use each of these "12 Healthy Thanksgiving Recipes" in a series of posts leading up to Turkey Day. Start each post with, "Swap this for that!"**

Instead of brussels sprouts with bacon, try [Brussels Sprouts With Roasted Grapes](#).

Instead of a marshmallow yam casserole, try [Rosemary Roasted Yams](#).

Instead of creamy green bean casserole, try [Roasted Green Beans With Garlic](#).

Instead of standard mac and cheese, try [Butternut Squash Mac and Cheese](#).

Instead of apple pie, try [Apple Crisp](#).

Instead of regular stuffing, try [Quinoa Stuffing with Apples and Cranberries](#).

Instead of carrots sautéed with butter, try [Roasted Honey-glazed Carrots](#).

Instead of mashed potatoes, try a [lightened-up Mashers with Greek yogurt](#).

Instead of creamy gravy, try this [Hearty Mushroom Gravy](#).

Instead of sugary cranberry sauce, try [Cranberry Sauce](#) with fresh fruit.

Instead of classic pumpkin pie, try [Pumpkin Pie With Whole Wheat Crust](#).

Instead of au gratin potatoes, try [Cauliflower Gratin](#).

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**Now Trending: Waterless** - Your beauty product is formulated with little or no water. You add the water at home. Waterless products weigh less, reduce packaging, and help with sustainability.

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November is a glorious time to explore an art museum. **Looking at art and letting your thoughts drift** can be highly therapeutic during this hectic time of year.

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**ECO TIP!** Opt for zero waste when ordering food to go by letting the restaurant know in the comments section of your order that you do not require any utensils.

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Just in time for the holidays! While alcohol is technically not healthy, **these sippers are the healthiest**, according to dieticians. Cheers!



# COMMUNITY

Lower your carbon footprint by purchasing from a re-commerce store, garage, or estate sale. **Bonus! Secondhand finds are also cheaper.**

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**Study up on your community's recycling program.** Ensure the labels on your recycling are acceptable and that you recycle properly. #AmericaRecyclesDay

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**Post for 11/15, National Recycling Day** - Did you know one recycled tin can saves enough energy to power your TV for three hours? Learn all you can about recycling in your community.

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Support the people in your community and **do your holiday shopping at a locally-owned small business** on November 26. #SmallBusinessSaturday #SupportLocal #ShopLocal

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Do you consider yourself to be generous? A recent study shows only 54% of us think we are! **Donate or volunteer at your favorite charity** on November 29 for #GivingTuesday.

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Make a positive impact on the trails you love to hike and volunteer to help clean them up. Visit [Get Involved](#) to learn more. #NationalTakeAHikeDay

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

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Donate food items to a food bank in your area. As the holidays approach, **food banks are often strapped for supplies.**



# HEALTH

1 in 5 people with diabetes don't know they have it. [Learn the signs and symptoms of diabetes](#) before it's too late. #NationalDiabetesMonth

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During **Native American Heritage Month**, honor the keystones of Native American cooking by making this [Three Sisters Stew](#). You can also make it vegetarian by swapping the chicken stock with vegetable stock.

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If you think the whole family can't enjoy a diabetes-friendly recipe, think again! These [proven winners](#) will easily fit into your weekly dinner routine.

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**Post for 11/17 - The American Cancer Society's #GreatAmericanSmokeout website** provides valuable resources, inspiration, and tips to help smokers increase their odds of quitting successfully. Start your journey today!

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If you cooked too much food for Thanksgiving, you might wonder how long your leftovers will last. [Here's everything you need to know.](#)

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[Raise your hand if you're a fan of Kale!](#)

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**Post for 11/13 - It pays to be kind!** Emotional warmth releases the hormone oxytocin, which dilates the blood vessels and therefore lowers your blood pressure. #WorldKindnessDay

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

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Living with diabetes doesn't have to be dull or difficult. Whether you have diabetes or cook for someone with diabetes, there's an abundance of [easy, nutritious, and delicious recipes](#) to try. #nationaldiabetesmonth



# PARENTING

**November 8th is National STEM Day.** If your kids are interested in Science, Technology, Engineering, or Math, stimulate their brains with [unlimited fun and educational activities](#).

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Keep them entertained with something other than football. When your family is in town for Thanksgiving, have a [Scavenger Hunt!](#) It's fun for all ages.

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If any kids are reading this, **November 15th is Pack your Mom's Lunch Day.** Surprise her with her favorite lunch to go! Get Dad to help if needed.

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Enlist the kiddos [with your holiday decorating](#), card-making, and more with these free printables!

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**I spy with my little eye...** it's an excellent way for your kids to improve their speech, language, vocabulary, and comprehension skills. And, [this freebie](#) is just too perfect for the season. Download it now!

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Your kids don't have to sit on the sidelines while you're in the kitchen prepping for Turkey Day. **There are plenty of recipes they can assist with.**

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**Read a story about kindness**, like Aesop's *The Lion and The Mouse*. to your kids for World Kindness Day on November 13th.

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Have your kids create a list of things they are thankful for, then have them share before you sit down for Thanksgiving dinner.

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**What's on your family's Fall Bucket List?**

# MEMBERSHIP

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

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Y Members – What are your goals for the month? Are you going to cook healthier? Exercise more? Or maybe do a little more self-care? Please share your good intentions with us!

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**Heads up, Members!** It's time to break out the reflective gear. Daylight Savings Time ends on November 6th!

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

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Does everyone love your sweet potato casserole? Or do you have the perfect salad? **Share your favorite Thanksgiving recipes with us!**

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**4,500.** That's the average number of calories consumed during Thanksgiving festivities! You'll need to get to the Y to work them off. Our holiday hours are *(insert your hours here)*

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

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Are you worried about getting into a winter workout rut? **Stop by the Y** and check out all of the great things we have to offer!

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**It's a great time to learn how to swim!** Check out our swim lesson schedule for kids of all ages. *(insert URL to your website page with swim times and instructors)*



# TRIVIA

Which U.S. president has received the most electoral votes?

**Answer:** Ronald Reagan. In the 1984 election, he won 525 out of 538 available electoral votes.

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How long would it take to walk the entire Appalachian Trail?

**Answer:** Between 5-7 months.

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What does this series of numbers represent - 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144?

**Answer:** The Fibonacci Sequence by mathematician Leonard Fibonacci in which each number is the sum of the two preceding numbers.

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How can you tell if a cranberry is ripe?

**Answer:** it will bounce!

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Name the board game that The Parker Brothers introduced in November 1935.

**Answer:** Monopoly

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How many towns in the U.S. are named Turkey?

**Answer:** Four. Arizona, Texas, North Carolina, and Louisiana have towns named Turkey.

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In what year did Abraham Lincoln declare Thanksgiving a holiday? A.1856 B.1863 C.1902

**Answer:** B.1863

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What vegetable started to be frozen by Clarence Birdseye in November 1952?

**Answer:** Peas.

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In 1990 two major league greats made baseball history by becoming the first father-son duo to hit back-to-back homers in an MLB game. Who are they?

**Answer:** Ken Griffey Sr. and Ken Griffey Jr.



# INSPIRATION

"The smallest act of kindness is worth more than the grandest intention." ~ Oscar Wilde

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"Be present in all things and thankful for all." ~ Maya Angelou

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**Post for 11/17, National Take a Hike Day** - Inspire others to venture into the great outdoors! Share your hiking experiences on social media with the hashtags #NationalTrailsDay #TakeAHike

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#mondaymotivation - "Don't wish for a good body. Work for it." **See what the Y has to offer you.** (share the URL to your YMCA page with tours)

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"When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome." ~ Wilma Rudolph

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"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have." ~ Catherine Pulsifer

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"If it doesn't challenge you, it doesn't change you." ~ Fred Devito

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"When you love what you have, **you have everything you need.**" ~ Anonymous

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"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house." ~ Nathaniel Hawthorne

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"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." ~ Marcel Proust