

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

Find the best resources by clicking the names above.

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### **August 6 - Friendship Day & National Sister Day**

Happy Friendship Day & National Sister Day! Cheers to all the amazing friends who are like sisters and to the sisters who are best friends! #FriendshipDay #SisterDay

### **August 8 - International Cat Day**

🐱 Gain a deeper understanding of your feline friend and watch a documentary like Inside the Mind of a Cat, Wildcat, or Cat Daddies. Meow.

### **August 16 - National Tell A Joke Day**

Have a good laugh and tell lots of jokes today. Here are a few to get you started.

- Why did the scarecrow win an award? Because he was outstanding in his field.
- Why did the melon jump into the lake? It wanted to be a water-melon.
- What did the duck say when it bought lipstick? "Put it on my bill."
- How does the ocean say hello? It waves.
- Why did the drum take a nap? It was beat.
- What do you call a group of disorganized cats? A cat-tastrophe.
- Why do bees have sticky hair? Because they use honeycombs.

### **August 21 - Senior Citizens Day**

Spend time with your grandparents and those older members of your family. Seniors have a wealth of wisdom to share. Enjoy them while they're here.

### **August 26 - National Dog Day**

🐾🐶 Happy National Dog Day! Let's give a shoutout to all the amazing pups out there. Share a picture of your adorable four-legged family member in the comments! 📷🐾 #NationalDogDay #DogLovers

# 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.

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Get their tales wagging on National Dog Day with a [vet-approved home-cooked meal!](#)

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*Post for 8/3 - 🍷* Did you know that IPAs satisfy your taste buds and provide a surprising dose of vitamins? Hops used in IPAs are rich in B vitamins, including folate and niacin, which support energy production and overall well-being. #NationalIPADay

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**Trending: [Girl Dinner, aka Snack Plates.](#)** If you love Castelvetrano olives, a wedge of Gorgonzola, fresh figs, crusty bread, and cheese for dinner, you're already doing it.

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Have a meatless Monday, and make these veggie tacos! Char ears of corn on the grill, then remove the kernels and mix with black beans, diced tomatoes, peppers, and onions. Fill tortillas with the mixture and top with salsa and cilantro. #nomnom

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Need some inspiration on what to cook this month? Here are [31 seasonal and delicious recipes for each night in August.](#)

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**It's 6 o'clock, and everyone is starving.** What's for supper on those busy school nights? How about one of these [easy back-to-school dinners?](#)

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2 cups ripe plum + 1 ½ cups Orange juice + 1 cup plain yogurt + 1 teaspoon freshly grated ginger = **one plum good smoothie!**

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Add this [veggie pizza to your menu this month.](#) The best part is picking up all the toppings at the Farmers' Markets!



# LIFESTYLE

*Post for 8/2* - Coloring isn't just for kids! **Celebrate National Coloring Book Day** and download these free coloring pages from the [Smithsonian](#).

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*Post for 8/9* - Today is Book Lovers Day - Reading a book provides relaxation and fulfillment by allowing you to focus on something you love. **#BeStressFree and read today!**

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*Post for 8/10* - It's #NationalLazyDay, and the perfect excuse to indulge in guilt-free relaxation and **embrace the art of doing nothing**. Take a break, kick back on your comfiest couch, and let the world wait while you enjoy a bit of well-deserved laziness. **#TimeToUnwind**

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*Post for 8/15* - Do something relaxing today. Go for a walk in nature, swim, listen to music, or paint. It's good for the soul! **#NationalRelaxationDay**

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According to a study from the Mayo Clinic Center for Sleep Medicine, 41% of respondents said they slept better because of their pets. **How many of you agree?**

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There is still time to take a road trip this summer and create a lifetime of memories! Whether it's a quirky roadside attraction or a majestic national park, exploring is good for the soul.

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Grab a blanket and head outside for an out-of-this-world event! **The Perseid Meteor Shower Peaks on August 12 & 13.**

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Embrace the magic of microjoys! Whether it's finding a lost pen or encountering a rainbow, these fleeting moments hold extraordinary beauty. Acknowledge and savor them to bring you even more happiness! **#Microjoys #EmbraceTheMoment**

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**"You get what you work for." ~ Unknown**



# COMMUNITY

*Post for 8/17 - **Happy Black Cat Appreciation Day!** DYK black cats are the least likely to be adopted? If you're thinking about adopting a cat, stop by your local animal shelter, and you're sure to find a black cat waiting for you.*

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*Post around 8/17 - If you're looking for ways to get involved on National Nonprofit Day on August 17th, consider volunteering, donating to a cause you're passionate about, or spreading awareness about a nonprofit doing extraordinary work. **Every action counts!***

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Donate to one of many organizations, such as the Humane Society or the ASPCA, that help animals in need. You can also donate blankets, pet food, and toys to your local animal shelter.

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**Host a school supply drive or donate to one in your area.**

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*Post for 8/26 - Today, we celebrate the achievements of women who have shattered glass ceilings, broken stereotypes, and challenged societal norms. Use this day to amplify women's voices, support each other, and advocate for a world where all women are treated with dignity and respect. #WomensEqualityDay*

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Organize a pet-friendly event in your community to celebrate **National Dog Day on August 26th**. It could be a dog walkathon, a pet costume contest, or a fundraising event for dog-related charities.

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Are you looking for a meaningful way to **commemorate Purple Heart Day on August 7th**? Contact local veterans organizations, hospitals, or retirement homes and inquire about volunteer opportunities.

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It's the perfect time to look into becoming a volunteer at a community-based after-school program. #school #volunteer #community



# HEALTH

Slice into juicy goodness and **eat lots of fresh watermelons this month**. They're packed with nutrients like vitamins A, C, and B6 and lycopene, a powerful antioxidant.

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**Here's what's on our list of healthy snacks for August** - Baked Egg Cups with Spinach and Cheddar, Watermelon, Rice Cakes with Avocado, Snap Peas, and Sliced Gouda.

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**TRENDING: Exercise Snack.** What is it, and why should you be doing it? [Read on to find out.](#)

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*Post for 8/3* - Enjoy refreshing bites of summertime goodness. **It's National Watermelon Day!** Watermelons are 92% water, making them a perfect hydrating fruit on hot days.

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**Fitness Tip:** Mix cardiovascular exercises like running or cycling with strength training to boost your metabolism and build muscle for a balanced workout routine. #FitnessTips #WorkoutRoutine #BalancedFitness

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**Reach for the red ones.** Red Bell Peppers have [many health benefits](#) that help fight cancer, memory decline, and joint pain.

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*Article Share* - [When You Walk A Mile Every Day, This Is What Happens To Your Body](#)

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**Food Tip: Don't overcook your vegetables!** Steaming or lightly sautéing them helps retain their nutrients and natural flavors. Keep them crisp and nutritious! 🥬🥦 #HealthyCookingTips #VeggieNutrition #KeepItCrisp

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Enjoy your meals without distractions for a more satisfying experience. Practice mindful eating by savoring each bite and listening to your body's hunger and fullness cues. #MindfulEating #HealthyHabits #EatWithPurpose



# PARENTING

Post for 8/2 - It's Ice Cream Sandwich Day, and we've got your [inspo right here!](#)

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**"Children are apt to live up to what you believe of them."** ~ Lady Bird Johnson

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Post for 8/10 - It's National S'Mores Day! Not a fan of chocolate? Try this: Graham Crackers + whipped cream cheese + strawberry jam + marshmallow = pure joy!

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DYK? According to a study from the National Institutes of Health, children under one exposed to a cat were less likely to develop allergies.

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Post for 8/22 - **Even the Tooth Fairy can't escape inflation!** According to new findings, the average value of a single lost tooth during the past year increased 16% from \$5.36 to \$6.23. [#nationaltoothfairyday](#)

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It's back-to-school time, and being involved can make a big difference. Attend school events, meet their teachers, and stay up-to-date with their progress. [#education](#) [#parentinvolvement](#) [#schoolcommunity](#)

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**Have fresh fruit on hand for after-school snacking.** Bananas, apples, oranges, grapes, strawberries, and watermelons are excellent sources of vitamins, fiber, and antioxidants.

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The back-to-school transition can be a difficult time. [Make it more fun with these crafts.](#)

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Raising kids isn't always easy, but you should learn to respect your teen's opinions and feelings. Always listen and show that you value their input. [#parentingtips](#) [#teencommunication](#) [#respectfulrelationships](#)

# MEMBERSHIP

**Ready to reach your fitness goals?** Join the YMCA and let us help you achieve them!

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Want to try out a new fitness class? The YMCA has a variety of options to choose from, so you're sure to find something you love!

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The YMCA is more than just a gym – **it's a community of people dedicated to helping each other lead healthy and fulfilling lives.** Come check us out!


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The YMCA offers affordable membership options, so you can prioritize your health without breaking the bank. (*link to your membership website page*)

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Share a video showcasing the range of **youth programs and activities your YMCA offers**, from sports leagues to after-school programs.

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 **Mind, body, and soul – we've got it all covered!** 🙌 Join the YMCA and experience holistic wellness through our diverse programs. #YMCA #HolisticWellness #MindBodySoul


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Together, we can make a difference! Join the YMCA and become part of our effort to give back to the community. #YMCA #CommunityImpact #SocialResponsibility

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Record virtual classes and share them online to give potential members a sense of the quality and variety offered at your YMCA.

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 **Pedal to the beat with our energetic cycling classes!** 🎵 Join the YMCA and experience the ultimate spin experience! #YMCA #CyclingClasses #RideToTheRhythm



# TRIVIA

How much did the heaviest watermelon ever recorded weigh?

**Answer:** The heaviest watermelon ever recorded weighed over 350 pounds!

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How many phases of the moon are there?

**Answer:** Eight.

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How many bones do sharks have in their bodies?

**Answer:** None! A shark's skeleton is made out of cartilage.

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How many players are on a baseball team?

**Answer:** Nine.

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Which famous painting was stolen from the Louvre Museum in Paris on August 21st, 1911?

**Answer:** Mona Lisa. A former Louvre employee, Vincenzo Perugia, made off with the "Mona Lisa," hoping to return the painting to her rightful home, Italy.

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"Wipe Out" was the summer hit of 1963. Who created it?

**Answer:** The Surfaris

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Which American artist, known for his Campbell's Soup Cans, was born on August 6th, 1928?

**Answer:** Andy Warhol

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What is the Italian word for ice cream?

**Answer:** Gelato

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Which music-performance and dance television program had its network debut on ABC on August 5, 1957?

**Answer:** American Bandstand



# INSPIRATION

**"Dreams come a size too big so that we can grow into them."** ~ Josie Bisset

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"Change is the end result of all true learning." ~ Leo Buscaglia

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"The one who falls and gets up is stronger than the one who never tried. **Do not fear failure but rather fear not trying.**" ~ Roy T. Bennett

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"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life." ~ Amy Poehler

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"Excuses are a list of self-imposed obstacles that prevent you from having a better life."  
~ Tony Horton

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**"You have to think it before you can do it.** The mind is what makes it all possible."  
~ Kai Greene

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"No brain, no gain. Stay in school." ~ Michael Jordan

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"Try to be a rainbow in someone's cloud." ~ Maya Angelou

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"Women and cats will do as they please, and **men and dogs should relax and get used to the idea.**" ~ Robert A. Heinlein

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**"A friend is someone who understands your past,** believes in your future, and accepts you just the way you are." ~ Unknown