

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

Find the best resources by clicking the names above.

November 5 - Daylight Savings Ends

Goodbye, Daylight Saving! 🕒 It's time to fall back and enjoy that extra hour of sleep. 🌙🍂
#DaylightSavingTime #ExtraHour

November 11 - Veterans Day

Thank you, veterans, for your sacrifice and service. **We salute your bravery** and honor your dedication. 🇺🇸 #VeteransDay

November 13 - World Kindness Day

A simple act of kindness can make all the difference in the world. Here are some simple ways to spread goodwill:

- Reach out to a friend or family member you haven't talked to in a while.
- Plant a tree or participate in a local clean-up event.
- Support a charity or nonprofit organization that is making a difference in the world.
- Smile at a stranger and brighten their day.
- Share a book with someone who might enjoy it.

November 15 - America Recycles Day

🤔 DYK recycling a single aluminum can save enough energy to run a TV for three hours? Small contributions can make a huge difference!

November 23 - Thanksgiving

May your day be filled with warmth, love, and, of course, delicious food! 🍗🥥🥧 **Happy Thanksgiving!** #Thankful #Grateful #Blessed

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 squash.

November 3rd is National Sandwich Day. **Make a healthy Turkey Breast Sandwich** on Whole Wheat with Tomato, Avocado, Onion, Lettuce, and Dijon. #nomnom

Green beans are a Thanksgiving Day staple. Did you know this classic veggie can boost your heart health, help with digestion, and fight off hunger? [Check out all the benefits they offer!](#)

Post for November 14 - Happy National Pickle Day! 🥒 **What's your go-to pickle pairing?** We fancy ours with sharp cheddar!

Feeling a little guilty about all those Thanksgiving Day Calories? Swap out sour cream for Greek yogurt in your mashed potatoes. You won't even notice the difference. What are your favorite healthy holiday swaps?

November 21 is National Stuffing Day - Get a head start on your Thanksgiving Day dinner by making your stuffing today! Here's a [lightened-up version](#) for you to try.

Need a gluten-free and vegan alternative for Thanksgiving? Try this [Quinoa and Cranberry Stuffed Acorn Squash](#).

Canned pumpkin is a good source of fiber and is naturally low in calories. Add it to smoothies, soups, vinaigrettes, oatmeal, yogurt, pancake batter, or cookies. You can even sneak it into Mac & Cheese!

DYK apples are members of the rose family? So are pears, peaches, plums, apricots, cherries, blackberries, raspberries, and strawberries.



LIFESTYLE

Don't let the cooler weather keep you indoors. Take your workouts outdoors for a refreshing change and enjoy all that Autumn has to offer.

Need a centerpiece for your Thanksgiving Dinner? Turn a [Butternut Squash](#) into a spectacular vase for your fall flowers!

Fight the flu with [these Superfoods!](#)

*Post for November 17th - **Today is National Take a Hike Day.** Share your outdoor adventures on social media and inspire others to stay active and enjoy the fall season!*

Forget FOMO, and enjoy JOMO - The Joy of Missing Out! [Here's how.](#)

Want to save 2000 calories on Thanksgiving Day? Check out these [healthy food swaps](#) that'll keep you from having to undo a button!

Beautiful words to live by: "When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself."
~ Chief Tecumseh

It's the perfect month to start a gratitude journal. Focusing on the positive can improve your mental health and overall well-being.

Volunteer and give back to your community. **Helping others is good for the soul.**



Curl up with a good book. Reading is a fantastic way to relax and escape from your daily hustle and bustle.



COMMUNITY

Adopt a family in need. Many communities offer programs to **adopt a family and provide them with gifts, food, and other essentials** during the holiday season. Start by checking with your local church or The Salvation Army.

Post for 11/7 - Today is Election Day! Exercise your right to vote and make your voice heard. Your vote matters, so head to the polls and participate in the change you want to see.
#ElectionDay #VotingMatters

  **Let's make every day America Recycles Day!** Start by sorting your recyclables, reducing waste, and reusing items whenever possible. Share your recycling tips and stories in the comments, and inspire others to take action.

Consider donating toys to organizations that distribute them to underprivileged children. Many communities run "Toys for Tots" or other similar programs.

Post for 11/ 25 - Shop local and support your community this **#SmallBusinessSaturday!**

What are some ways to give back this holiday season?

- Collaborate with local businesses or government agencies to decorate public spaces in your community to spread holiday cheer.
- Assemble care packages with essential items and distribute them to those struggling in your community.
- Send care packages to military personnel that include snacks, personal care items, and letters of appreciation.
- Organize or participate in charity runs, bake sales, or other fundraising events to support a cause you care about.
- Visit hospital patients, bringing them small gifts or simply offering a listening ear.
- Animal shelters often need help during the holidays. Volunteer your time to walk dogs, socialize with cats, or donate pet supplies.
- Elderly individuals in nursing homes often feel lonely during the holidays. Writing letters or making cards to send to seniors can brighten their day.



HEALTH

Here's what's on our list of healthy snacks for November - No-sugar Applesauce, Sliced Pears with Brie, Cinnamon Roasted Cashews, Baked Parsnip Chips, and Whole-grain English muffins with almond butter.

Post for 11/14 - It's World Diabetes Day! Did you know **exercise is your secret weapon against chronic diseases** like heart disease, diabetes, and cancer? Ready to kickstart your health journey? Join us at the Y, and let's make a change together!

Your family will surely want to smell these heart-healthy and delicious [Whole-grain Cranberry Orange Muffins](#) on Thanksgiving morning!

Healthy Tip: Opt for whole grains like brown rice, quinoa, and whole wheat pasta instead of refined grains to increase fiber intake and support digestive health. #HealthyEatingTips #WholeGrains #GoodForYourGut

Post for 11/16 - Join us in the fight against tobacco! It's the Great American Smokeout – a perfect day to quit smoking and take a step toward a healthier, smoke-free life. **Your well-being is worth it!** #GreatAmericanSmokeout #QuitSmoking

Stay stress-free during the holidays by practicing deep breathing exercises. They can help lower stress hormones and promote relaxation, benefiting your physical and mental well-being. #BreathWork #StressRelief #MindBodyConnection

DYK - lean proteins like chicken, turkey, and fish are essential for muscle repair and growth? Incorporate them into your meals to support your active lifestyle.

Broccoli is a nutritional powerhouse, packed with vitamins, minerals, and antioxidants that support a healthy immune system. Add this veggie to your meals for an extra health boost!



PARENTING

November is Child Safety and Protection Month and an opportunity to raise awareness about the importance of keeping children safe and protected. [Read on to learn more.](#)

Is it a cold? Is it the Flu? Is it COVID? When your kid is sick, it's much more difficult to tell from what these days. [The Cleveland Clinic](#) is here to break it all down for us.

Help your kids practice kindness with [these mindful activities](#) and celebrate **World Kindness Day** all month long. #BeKind

Post for 11/8 - Inspire the next generation of scientists, engineers, & innovators! How about a weekend science experiment? Build an [easy volcano with simple ingredients](#) - a fun and educational way to **ignite their passion for STEM!** #NationalSTEMDay #STEMKids

Grab your Monopoly boards and have a family game night. November 19th is National Play Monopoly Day. Which token do you always choose?

Get your kids involved in the kitchen this Thanksgiving and cook or bake together. It's a fun way to teach children about healthy eating and basic math skills.

Your child's safety is your top priority. Talk with your teen about the dangers of driving and how to stay safe on the road. [Read on and get the conversation started.](#)

Fill the time before the big feast with an easy [DIY Thanksgiving Craft for kids and adults](#). There are only 70 ideas to choose from!

Keep your little ones busy while you prepare your Thanksgiving Feast with [a bit of coloring](#). **Set out extra crayons. Adults love to color, too!**

MEMBERSHIP

November is all about family. Bring your loved ones to the YMCA for a month of togetherness and well-being. #YMCAFamilyTime #FitNovember


The YMCA pool is where it's at this month! Challenge yourself with different swimming strokes to engage various muscle groups and keep your swim sessions interesting.

They say, "Exercise is the best medicine for the body and the mind." Start your journey at the Y!

Motivate a friend to join the YMCA with you and make fitness a fun journey together. **A workout buddy can be the key to consistency and success!**

This November, invest in yourself with a YMCA membership. Enjoy a happier, healthier holiday season! #HealthyHolidays #JoinYMCA

At the YMCA, we believe that everyone deserves access to quality health and wellness resources. **Join us today!**

YMCA Tip: Set achievable fitness goals and track your progress to stay motivated and celebrate your successes along the way. You've got this!  #FitnessGoals #StayMotivated

Join the Y this November and find your balance during the busy holiday season. **A healthier you starts here!** #WellnessJourney #YMCA

"Success is what comes after you stop making excuses." ~ Luis Galarza
Is it time to get to the Y?

Turkey, stuffing, and YMCA workouts! Join the Y today!



TRIVIA

Turkeys are native to North America. Which U.S. state is often associated with the wild turkey and is known as the "Turkey Capital of the World"?

Answer: Georgia

How many Pumpkin Spice Lattes has Starbucks served since its debut in 2003?

A. 325 million B. 600 million C. 1 billion

Answer: 600 million! Are you a PSL fan?

Who painted the Sistine Chapel?

Answer: Michelangelo. It first went on display on November 1, 1512.

What is the official ball used in professional basketball?

Answer: Spalding.

On average, how many calories are consumed during a Thanksgiving meal?

Answer: 4,500!

Who was elected president of the United States on November 6, 1860?

Answer: Abraham Lincoln

In which year did the United States celebrate its first Thanksgiving? A. 1492 B. 1621 C. 1832

Answer: 1621

Pumpkin pie is a staple dessert at Thanksgiving. What spices flavor pumpkin pie?

Answer: Cinnamon, nutmeg, and cloves

On November 28, 2021, the world's largest space telescope launched into space. What is the name of this telescope?

Answer: The James Webb Space Telescope



INSPIRATION

"You learn something new every day if you pay attention. Stay attentive throughout November."

"Just don't give up trying to do what you really want to do. **Where there is love and inspiration, I don't think you can go wrong.**" ~ Ella Fitzgerald

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

"Keep your face to the sunshine, and you cannot see a shadow." ~ Helen Keller

Choose wisely! "The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison." ~ Ann Wigmore

"How sad would be November if we had no knowledge of the spring." ~ Edwin Way Teale

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

"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

"Exercise is not just about aerobic capacity and muscle size. It's about a healthier life."
~ Anonymous

"Living in a state of gratitude is the gateway to grace." ~ Arianna Huffington

"When I started counting my blessings, my whole life turned around." ~ Willie Nelson