

October is **Breast Cancer Awareness, National Sudden Cardiac Arrest Awareness, AIDS Awareness, and Domestic Violence Awareness Months**

Find great resources by clicking the names above.

October 4 - World Animal Day

Take a moment to celebrate the incredible diversity of life on our planet and the beauty of the animal kingdom. 🦁🦋🐛 From the tiniest insects to the majestic elephants, **every creature plays a vital role in our ecosystem!** #WorldAnimalDay #AnimalLove #ConservationMatters

October 5 - World Teachers Day

📖🍎 **Happy World Teacher Day!** 🍎📖 Today, we celebrate the incredible individuals who dedicate their lives to shaping the minds of future generations.

October 12 - National Farmers Day

Thank a farmer today! From sunrise to sunset, through all seasons and weather conditions, they sow the seeds of life and nurture the land that sustains us all. Their hands may be calloused, but their **hearts are full of love for the land** and the animals they care for.

October 16 - Restart a Heart Day

Did you know that immediate **CPR can double or even triple a person's chance of survival** after cardiac arrest? Learning takes only a few minutes, but the impact can last a lifetime!
#RestartAHeartDay #CPR #SaveLives

October 26 - National Pumpkin Day

Happy National Pumpkin Day! What do you use to mend a jack-o-lantern? A pumpkin patch.
🍂🍂🍂

October 31 - Halloween

“By the pricking of my thumbs, something wicked this way comes.” ~ William Shakespeare

FOOD & DRINK

What's in season? Fall flavors galore!! Pears, apples, plums, figs, pumpkins, grapes, winter squash, brussels sprouts, leeks, cauliflower, broccoli, sweet potatoes, potatoes, and lettuce.

Post for 10/4 - 🌮 Happy National Taco Day! **What's your go-to taco topping?** We love the old standards - lettuce, tomato, and onion!

October is Vegetarian Month. Experiment with plant-based recipes to add variety to your diet while reducing environmental impact. Your taste buds and the planet will thank you! 🌿🥗
#PlantBasedLiving #MeatlessMeals #GoGreen

This [Pear and Gorgonzola Salad](#) has just the right amount of fall vibes. Bonus! Add roasted chicken for a quick and easy light meal.

Eat 'em up! Brussels sprouts are considered one of the top 10 most nutrient-dense foods. [Find a recipe your family will love](#) and add it to this month's menu.

Post for 10/14 - 🍰🎂 **Happy National Dessert Day!** A day to savor the delectable treats that make life a little sweeter. Whether it's a gooey chocolate brownie, a creamy cheesecake, or a classic apple pie, celebrate the joy of desserts today.

Post for 10/17 - It's National Pasta Day! Are you a twirler or a slurper of spaghetti noodles? Whichever you are, [this recipe](#) is what's for dinner!

DYK? **Lentils contain more iron than steak!** These environmentally friendly legumes require minimal water to grow and fertilize the soil. Try a comforting [Lentil Soup](#) this month.

Create an Oktoberfest Board for your next watch party. Fill a snack board with a variety of mustards, fall fruits, olives, cheese dips, and pretzels.



LIFESTYLE

Did you know that October is Positive Attitude Month? 🍊 ✨ It's the perfect time to spread some good vibes and remind ourselves of the incredible power of a positive attitude!

Celebrate Sweetest Day on October 21 with random acts of kindness. Unlike Valentine's Day, **Sweetest Day is an opportunity to show appreciation** to friends and loved ones as well as teachers, coworkers, and everyone in your life. Sharing small tokens of gratitude, sweets, and treats is the perfect way to make this day special.

October is Car Care Month and a great time to prepare your vehicle for winter. Check the battery, tires, fluids, lights, and wiper blades, and **pack an emergency kit**.

TIMELY TIP: Stock the freezer with frozen veggies such as cauliflower, spinach, and kale to add to smoothies, omelets, or stir-fries. There's no shame in picking up pre-cut or bagged produce to help save time.

Take short breaks throughout the day to stretch and move, relieving tension and improving circulation, especially if you have a sedentary job. #DeskStretch #MoveMore #StayLimber

Clean your phone once a day to keep bugs away! **Cleaning your phone kills cold-causing viruses** and can even ease allergy symptoms.

Fun things to do this fall: Jump in a leaf pile, tell a ghost story, wear a costume, watch a scary movie, carve a pumpkin, plant flower bulbs, drink cider, or read an Edgar Allen Poe poem.

Trending: Breadcrumbs. What is it, and how can you handle it? [Read on.](#)

Create a [Halloween playlist](#) with some **wicked good music** to get you through your day or in the Halloween spirit!



COMMUNITY

*Post for 10/6 - **It's National Coaches Day** - let's take a moment to express our heartfelt gratitude to all the incredible coaches who inspire, mentor, and drive us to be the best versions of ourselves. 🙌🏻*

*🐾 October is **Animal Safety and Protection Month**. Remember to:*

- Adopt, don't shop! Consider giving a loving home to a shelter pet.
 - Spay and neuter your pets to prevent overpopulation.
 - Always provide fresh water and nutritious food.
 - Get regular vet check-ups.
 - Make sure your pets have proper identification and have them microchipped.
 - Report animal cruelty - speak up for those who can't.
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Do you have mad math skills? Consider tutoring students who are struggling in the subject.

*Post for 10/27 - **Black cats deserve all the love and care like any other kitty**. If you're considering adopting, don't hesitate to give a black cat a forever home. They will fill your life with endless magic! #BlackCatDay #CatLovers #FelineFriends #AdoptDontShop*

Health Tip: Prepare nutritious and delicious salads with a mix of leafy greens, lean proteins, and a sprinkle of nuts or seeds for added crunch and healthy fats.

*Post for 10/29 - **Meow, it's National Cat Day!** 🐾❤️ Volunteer at an animal shelter or become a pet foster, offering love and care to our furry friends. #Volunteer #AdoptDontShop*

Looking for ways to give back to our community this fall? Consider:

- Volunteering at hospice
- Donating to a local scholarship fund
- Starting a book exchange program
- Participating in a neighborhood cleanup
- Mentoring a young person



HEALTH

Worried about the cold or flu? Vitamin C-rich foods like oranges, strawberries, and bell peppers support a healthy immune system, making them an excellent addition to your daily diet.

Here's what's on our list of healthy snacks for October - Roasted pumpkin seeds, apple slices with cinnamon, banana and peanut butter bites with coconut granola, whole-grain crackers with goat cheese and honey, and pecans.

Post for 10/22 - It's National Nut Day! Munch on heart-healthy walnuts, almonds, macadamia nuts, hazelnuts, and pecans, but **choose unsalted or unsweetened nuts**. Adding salt or sugar to nuts may cancel out their heart-healthy benefits.

Are apples healthy? The combination of antioxidants and fiber makes apples a nutritional powerhouse! [Read on](#) to learn more about the ways eating apples benefits your health.

Post for 10/29 - Join us in raising awareness for World Stroke Day! ❤️ [Learn the signs, share prevention tips, and support survivors](#). Together, we can make a difference! #WorldStrokeDay #StrokeAwareness #HealthyMindHealthyLife

Fact: Strength training not only helps you look stronger but also **improves bone density**, balance, and posture, reducing the risk of injuries as you age. 💪 #StrengthTraining #FitnessFacts #StrongerForLife

Next time you're craving seafood, opt for small fish or mollusks. Fish and seafood lower on the food chain are often high in protein and micronutrients, like zinc and vitamin B12. Plus, they're usually more sustainable.

Have a meatless Monday with a twist on an iconic [French Dip Sandwich](#). Make it a meal with roasted asparagus or creamy mashed potatoes.



PARENTING

October is National Fire Prevention Month, and the perfect time to teach our little ones about fire safety. Show them how to stop, drop, and roll, and remind them never to play with matches. Let's keep our kids safe and informed! 🏠❤️#FirePreventionMonth

Kids love to get dirty! Have them help you plant your spring bulbs this month!

October is Bullying Prevention Month. Let's create a safe, supportive environment for our kids to grow, learn, and thrive by teaching kindness, empathy, and resilience. #StopBullying #KidsDeserveKindness #BullyingPreventionMonth

Kid approved! Core and slice apples into $\frac{1}{4}$ to $\frac{1}{2}$ inch rounds and top with caramel, chocolate chips, mini marshmallows, shredded coconut, crushed graham crackers, pretzels or nuts, or whatever you please.

Cool craft - [cotton swab skeletons](#)! You only need construction paper, cotton swabs, glue, scissors, and your creativity. #halloweencrafts

Share a Halloween joke with the kids - Why didn't the skeleton go to the dance? He had nobody to go with. Where do baby ghosts go during the day? Day-scare.

Parents and kids can do many things to stay safe on the spookiest of holidays. [Read on to learn more about Halloween Safety](#). #halloweensafety

Grab your blankets and get outside for the **Orionid Meteor Shower** on October 20th and 21st!

Fun activity: Create a bat wall! Download this [free bat template](#), print, and cut out as many bats as you like. TIP: use a white marker or pencil to trace the outline on black construction paper.

MEMBERSHIP

Join our cycling class for a fun yet challenging cardio workout that boosts endurance and burns calories. 🚴🔥 #CyclingClasses #CardioWorkout #PedalPower #YMCA

Get your heart pumping and connect with others by joining our basketball games for a fun way to stay active. 🏀👉 #BasketballFun #StayActive #TeamSports #YMCA

With our flexible hours and convenient locations, **the YMCA makes it easy to prioritize your health** no matter how busy your schedule is. Join us today!

Record a video of a trainer answering the following question and share it on your social channels -
Ask the Expert: Is it better to do cardio before or after weights?

Fitness Tip: Remember to warm up before your workout and cool down afterward to prevent injuries and aid muscle recovery. 🧘🏃 #FitnessTips #WarmUpCoolDown #InjuryPrevention

Looking for a place to exercise and socialize? **The YMCA has a range of social events** and activities to help you connect with others.

Unwind and de-stress with a calming yoga class at the YMCA to help you find inner peace and balance as the holidays approach. #YogaForStressRelief #FindYourZen #Namaste

DYK? The YMCA offers a range of youth programs and activities, making it **an excellent choice for families with kids!**

Have a Halloween emoji scavenger hunt. Randomly insert emojis in your posts and see who can find the most, and offer a prize. 🍁🎃👻🧛🧟🦋🕷️🦇🕸️🩸🪦💔🍪🔪🧟



TRIVIA

What is the pH level of pure water?

Answer: Seven.

Which animal has the largest eye in the world?

Answer: The giant squid.

Who holds the record for the most career home runs in Major League Baseball (MLB)?

Answer: Barry Bonds, with 762.

What is the most popular Halloween candy?

Answer: Reese's Cups, followed by Skittles and M&M's

In what sport might you use your paddle to hit a dink into your opponent's kitchen?

Answer: Pickleball

What famous magician died on Halloween?

Answer: Harry Houdini.

Which state grows the most pumpkins?

Answer: Illinois

What is The Munsters' address?

Answer: 1313 Mockingbird Lane

Which NFL team's mascots include Edgar, Allan, and Poe?

Answer: Baltimore Ravens



INSPIRATION

"A mask tells us more than a face." ~ Oscar Wilde

"Autumn leaves are falling, filling up the streets; golden colors on the lawn, nature's trick or treat!" ~ Rusty Fischer

"Exercise is the most potent and underutilized antidepressant." ~ Unknown

"I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion." ~ Henry David Thoreau

"Life is like riding a bicycle. To keep your balance, you must keep moving." ~ Albert Einstein

Golden advice: "Never jump in a pile of leaves with a wet sucker."
~ Linus (It's the Great Pumpkin, Charlie Brown)

"My favorite color is October." ~ Unknown

"Success is stumbling from failure to failure with no loss of enthusiasm." ~ Winston Churchill

"Autumn shows us how beautiful it is to let things go." ~ Unknown

"Just because I cannot see it, doesn't mean I can't believe it!"
~ Jack Skellington (The Nightmare Before Christmas)

"Magic is really very simple, all you've got to do is want something and then let yourself have it."
~ Aggie Cromwell (Halloweentown)
