

September is **National Suicide Prevention Month, National Preparedness Month, and Childhood Cancer Awareness Month**

Find the best resources by clicking the names above.

September 4 - Labor Day

Happy Labor Day! 🛠️ Today, we celebrate the hard work and dedication of workers everywhere. **Your contributions make the world go round.** Take a well-deserved break and enjoy this day!
#LaborDay #CelebrateWorkers

September 5 - National Cheese Pizza Day

Say Cheese! 🍕 It's **National Cheese Pizza Day**. Order a pie from your favorite pizza place, or **make one at home!** #nomnom #NationalCheesePizzaDay #KeepItCheesy

September 10 - Grandparents Day

To all the grandmas and grandpas out there, thank you for your endless hugs, homemade treats, and the warmth you bring to our hearts. **Happy Grandparents Day!**

September 11 - Patriot Day

Take a moment today to remember, to reflect, and to honor.
#PatriotDay #NeverForget #UnitedWeStand

September 15 - Hispanic Heritage Month Begins

We are celebrating the rich tapestry of Hispanic culture during #HispanicHeritageMonth! Let's honor the contributions, traditions, and **vibrant diversity that make our world more beautiful.**
#CelebrateHispanicHeritage

September 23 - First Day of Autumn

🍂 **Hello, Fall!** Embrace those cozy vibes as autumn paints the world in warm hues. 🍁
#FirstDayOfAutumn #CozySeason

FOOD & DRINK

What's in season? Practically everything! Apples, melons, peaches, grapes, cucumbers, green beans, radicchio, cabbage, cauliflower, eggplant, carrots, greens, leeks, onions, beets, turnips, parsnips, okra, peppers, pumpkins, and winter squash.

September is Food Safety Education Month. Your hands can spread germs in the kitchen and make you sick. Wash your hands with soap and water for 20 seconds before, during, and after preparing food to help prevent food poisoning.

Cooler weather is on the way. **Prepare for chilly days with soups** you can make now, freeze, and enjoy later, like this [Tortellini Tomato Basil Soup](#).

As summer winds down and the season's fresh produce becomes limited, add [these fresh recipes](#) to your menu before it's too late!

Having a late-season cookout? Make Grilled Sweet Potato Tacos. Slice sweet potatoes into rounds, brush them with oil, cumin, and paprika, then grill until tender and lightly charred. Fill tortillas with grilled sweet potatoes, black beans, diced tomatoes, and avocado.

Post for 9/16 - Oktoberfest starts! Celebrate at home with a couple of beers and sausages.

Don't be deceived by your Pumpkin Spice Latte; it contains zero pumpkins. If you want to boost your fiber, [try one of these recipes](#) instead!

Post for 9/26 - **Make Applesauce Pancakes for #NationalPancakeDay!** Replace butter or oil with unsweetened applesauce to reduce fat and add a natural sweetness your kids will love!

Cook a cozy fall meal: Think roasted vegetables or a [hearty stew](#).



LIFESTYLE

*Post for 9/6 - **Expand your horizons with a good book!** Dive into a captivating story or explore new ideas through non-fiction. A brand new world awaits between the pages. #Bookworm #ReadingTime #ReadABookDay*

As it gets cooler outside, **transform your living space into a cozy sanctuary.** Add soft blankets, scented candles, and your favorite decor to create a warm and inviting atmosphere. #CozyHome #HomeSweetHome

Find your inner balance through mindfulness and meditation. **Take a few moments each day to center yourself,** breathe deeply, and cultivate a sense of calm amidst the chaos.

Need some motivation to hit the Y? Have a cup of joe! Research shows that caffeine can help improve physical activity significantly.

As the nights get cooler, backyard fires become more prevalent. [Check out these rules to remember](#) before you break out the firewood.

Watch the last of summer's sunsets and let its beauty remind you of the precious moments in life. **Slow down, breathe, and marvel at the stunning colors that paint the sky.**

Pumpkin spice everything season starts now! Share your favorite pumpkin recipes with us!

*Post for 9/29 - **Today is National Coffee Day.** What are the health benefits of your morning cup of joe? [Continue reading to find out.](#) #NationalCoffeeDay*

It's time to start prepping for winter. Get your heating system serviced, clean your gutters, insulate exposed pipes, and turn off the water to outside spigots or faucets.



COMMUNITY

*Post for 9/10 - **Your words and presence can make a difference** - reach out, listen, and support. Together, we can offer hope and save lives. #SuicidePreventionDay*

STAY SAFE: As the nights get shorter, organize a neighborhood watch program to increase safety in your community.

September is Library Card Sign-up Month! 🗝️🌍 [Embrace the magic of reading and exploration](#) and **learn why libraries are so important**, then visit your local library and sign up for your library card.

KEEP IT LOCAL: Support your local farmers and go apple picking.

Disasters can strike unexpectedly, leaving your community in dire need of assistance. **Donate to your local disaster relief fund.** No matter the size, every contribution can significantly impact someone's life during challenging times.

It's time to dig out your sweaters, coats, and winter shoes. Anything you don't like? Donate it!

*Post for 9/28 - Bats are not as scary as you might think. They're an essential part of our planet's biodiversity! This World Rabies Day, let's **debunk myths and raise awareness** about the importance of coexisting with these fascinating creatures.*

Post for 9/29 -

👉❤️ **Embrace a Heart-Healthy Lifestyle on World Heart Day!** ❤️👉

- Incorporate regular exercise and a balanced diet into your routine.
- Manage stress and find time for relaxation.
- Prioritize quality sleep for a revitalized heart.
- Say NO to smoking.



HEALTH



Apples are fat-free, sodium-free, cholesterol-free, and an excellent source of fiber. And they'll taste delicious on this [Steak and Apple Salad](#) you can make for dinner tonight!

Trending: Yacon Syrup. [What is it, and is it healthy?](#)

Rise and shine! **Start your day with a positive affirmation** or mantra to set a vibrant and empowering tone for the day ahead. #MorningMotivation #PositiveAffirmations

Here's what's on our list of healthy snacks for September - Apple Slices with Almond Butter, Bell Peppers with Baba Ganoush, Sliced Turkey with Whole-grain Crackers, Cucumber and Tomato Salad with Feta, and Cheddar with Grapes.

"A healthy outside starts from the inside." - Robert Urich

 Suggestion: **Swim laps to build endurance and improve cardiovascular health** while enjoying the low-impact benefits of water exercise. Dive in and make a splash!  #SwimLaps #AquaticFitness #LowImpactWorkout

DYK? Healthy swaps can boost your nutrition intake, reduce inflammation, and lessen the risk of severe disease. [Here's how to substitute for more nutritious ingredients.](#)

Step up your fitness game with high-intensity interval training (HIIT). **Challenge yourself with short bursts of intense exercise** and enjoy the benefits of increased strength and stamina. #HIITWorkout #FitnessChallenge

Healthy Reminder: Fruits and vegetables should take up half of your plate. Keep proteins like chicken, fish, shellfish, and lean cuts of red meat in moderate amounts.



PARENTING

Don't forget to **include your child's favorite stuffed animals, board games, books, or music** in their emergency kit to comfort them in a disaster. #NationalPreparednessMonth

KID-FRIENDLY RECIPE: [Pineapple Yogurt Fruit Salad](#)

Good manners and etiquette are vital life skills best taught in childhood. They help shape kids into confident adults. [Here's a guide](#) to help you get started. #parenting

Post for 9/20 - Have a pizza party and celebrate **National Pepperoni Pizza Day** by making homemade pizza. #NationalPepperoniPizzaDay

Earn an A+ with these [10 Back-to-school recipes!](#)

Find free printable fall coloring pages to entertain your kids (or yourself!) during the cooler autumn months [here!](#)

Ensure your college student stays safe this fall with these **dorm room safety tips** - know two ways out, have a working smoke alarm, and never leave cooking food unattended.

Love, love, love this craft! [Whisk Dragonflies](#) that would make great Christmas Gifts!

Post for 9/28 - **Celebrate the beautiful journey of parenthood** on #NationalSonsDay! Cherish the laughs, lessons, and love that you've shared with yours. #ParentingPride #FamilyLove

Need some activities for the kids to do at home? [Try some of these simple crafts.](#)

Fun for kids and adults! It's the perfect month to [make a scarecrow.](#)

MEMBERSHIP

Looking for a great way to stay fit and healthy? **Join us at the YMCA** and discover our wide range of fitness programs! From cardio to strength training, we've got you covered! 💪
#HealthyLiving #FitnessGoals

🧘 Find your Zen with a YMCA yoga class, and experience wellness for your mind, body and soul. Sign up for membership today! 🧘 #YMCAWellness

🍏 Health isn't just about exercise; it's also about nutrition. **Our YMCA offers workshops and resources** to help you make healthier food choices for a balanced lifestyle.

Find your fountain of youth at the YMCA! "Exercise is the key to longevity, youthful energy, and a better quality of life." ~ Anonymous

Run, jump, play! The YMCA is where active lives come to life. Secure your membership now!
#YMCAFitness #HealthyLiving #FitnessGoals

Ready to pedal your way to fitness? Join our YMCA cycling club and enjoy the thrill of indoor cycling classes. Burn calories, boost your endurance, and have a blast! #CyclingCommunity #RideOn

Unlock your creativity at the YMCA! Our art classes offer a variety of mediums, from painting to pottery. **Discover your inner artist and let your imagination soar!** 🎨✨

Elevate your fitness game with our diverse programs. Join the Y today!

Join hands with the YMCA community! A place to form friendships, achieve your goals, and transform your life. Be a part of it! 😊 #YMCACommunity



TRIVIA

Where would you find the Sea of Tranquility?

Answer: The moon.

What is allspice alternatively known as?

Answer: Pimento.

What is the highest-grossing sports league in the world?

Answer: National Football League (NFL)

In Ancient Greece, who was the goddess of harvest?

Answer: Demeter

Which garden is among the Seven Wonders of the Ancient World?

Answer: The Hanging Gardens of Babylon.

Where does the popular rhyme 'double, double toil, and trouble' come from?

Answer: Macbeth

What type of tree loses its leaves in the fall?

Answer: Deciduous

What is the science of apple growing called?

Answer: Pomology

What does the word susurration mean?

Answer: Whispering, murmuring, or rustling as in the sound of autumn breezes through fallen leaves.



INSPIRATION

"Love the trees until their leaves fall off, then encourage them to try again next year."

~ Chad Sugg

"Every day, you have the power to choose our better history – by opening your hearts and minds, by speaking up for what you know is right." ~ Michelle Obama

"Your library card is a passport to anywhere." ~ Mary Schmich

"The only place where success comes before work, is in the dictionary." ~ Vidal Sassoon

"Exercise is a celebration of what your body can do, not a punishment for what you ate."

~ Anonymous

"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace." ~ Carlos Santana

Rock your workouts! "I won't be a rock star. I will be a legend." ~ Freddie Mercury

"Learn character from trees, values from roots, and change from leaves" ~ Tasneern Harned

"Tough times don't last. Tough people do." ~ Robert H. Schuller

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

~ Martin Luther

Smile while you jog! "The first time I see a jogger smiling, I'll consider it." ~ Joan Rivers